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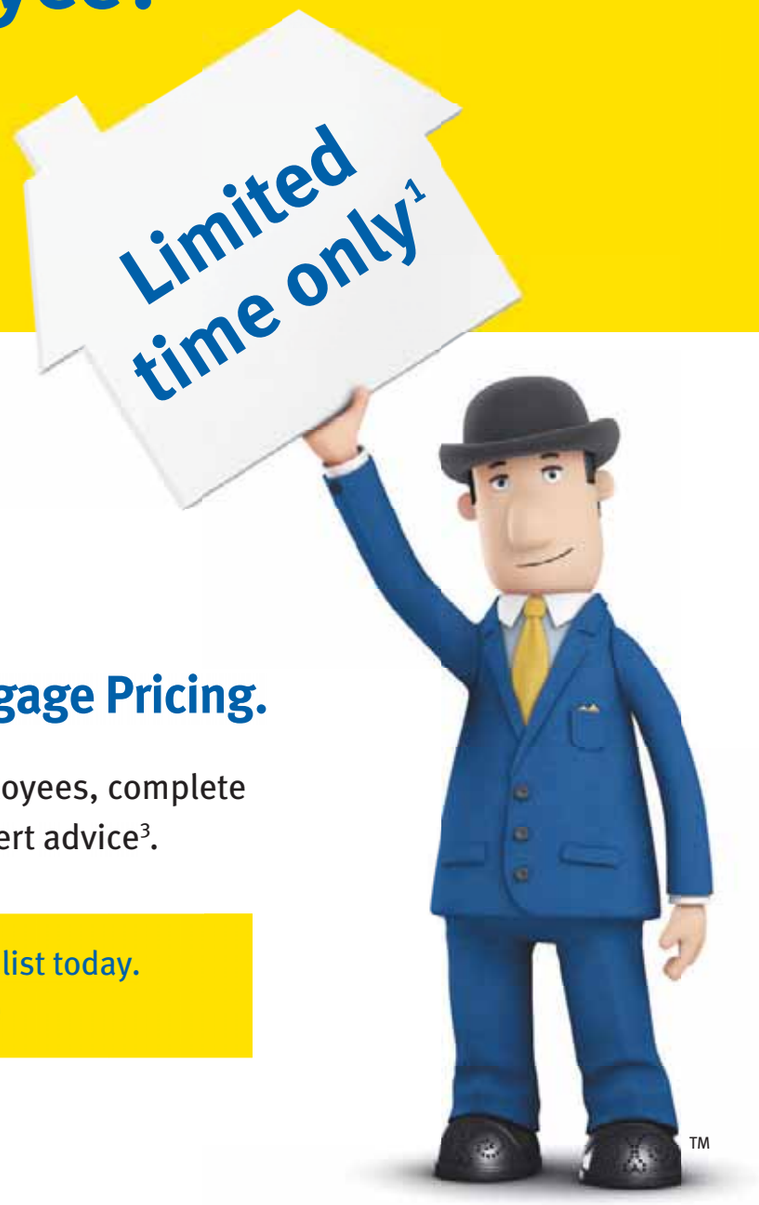

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Wednesday, April 30, 2014

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MISSION TO MARS

PART 1 OF OUR FEATURE ON A HUMAN EXPEDITION TO THE RED PLANET EXPLORES HOW WE'LL GET THERE

PAGES 12 & 13

Emma Stone's got the right stuff

Actress thrives no matter the role. Use Metro AR to see her Spider-Man co-star Andrew Garfield talk Peter Parker PAGE 16

NBA BANS STERLING FOR LIFE

Los Angeles Clippers owner Donald Sterling, 80, and V. Stiviano watch the Clippers play the Los Angeles Lakers during an NBA game on Dec. 19, 2010. On Tuesday, following the release of a recording of a racist rant by Sterling that was captured by Stiviano, NBA commissioner Adam Silver banned Sterling for life from any association with the league or the Clippers and fined him $2.5 million US. Story, page 9. DANNY MOLOSHOK/THE ASSOCIATED PRESS

Bus drivers blamed for VIA Rail mishaps

More glitches. OC Transpo employees accused of not stopping at railway crossings despite warning lights

LUCY SCHOLEY
lucy.scholey@metronews.ca

There have been two more signal-light mishaps at railway crossings, but this time, VIA Rail is pointing fingers at OC Transpo bus drivers.

In a press release on Tuesday, the Crown corporation states that bus drivers failed to stop at railway crossings — even though train warning lights were flashing — on Friday and Monday evenings around 7 p.m.

While it's not clear where the first incident happened, the release states the second was at Fallowfield Road.

In that case, a driver allegedly drove across the tracks and under the gate as it was lowering. This damaged the gate and prevented it from staying raised. It also triggered what's known as the "fail-safe mode," which is when the lights blink when they sense vibrations on the tracks but there's no oncoming train.

A "signal maintainer" was sent to the site to do repair work, which took an hour.

VIA Rail interim CEO Steve Del Bosco wrote to Ottawa Mayor Jim Watson and OC Transpo general manager John Manconi. He asked the city to investigate the incidents.

He said VIA Rail wants to work with the city to install surveillance cameras at the crossings.

For several months, there have been reported incidents of the lights going off when there's no oncoming train. VIA Rail officials say the signals went into "fail-safe mode" partly because of moisture and dirt in the tracks.

Watson said VIA Rail should foot the bill for any additional costs associated with the signal-light glitches.

"I don't believe that Ottawa taxpayers should be paying for something that's not their fault," he said.

A report on the root causes of the VIA Rail signal malfunctions is due on Wednesday.

Catch of the night

Try porcini-dusted fish with brown butter sauce for your next dinner PAGE 21

The final countdown for Lansdowne

Construction work revs up to prepare for first Redblacks game PAGE 4

Changing the world, one city at a time

Motivational speaker Spencer West reaches out to Ottawa youth PAGE 3

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NE044G214

12-year-old girl

Police investigate alleged sexual assault

Ottawa Police are investigating an alleged sexual assault after a 12-year-old girl was touched inappropriately while waiting for her bus Tuesday morning.

According to police, the young girl was waiting for the bus at 8:40 a.m. in the Boyer Road/Hunter's Run Gate area when a man approached and inappropriately touched her. She quickly ran to get on her bus and the man fled the area. The girl had seen the man on several different occasions and even had spoken to him in the past. Police searched the area, but have yet to locate the suspect.

The man is described as Caucasian, in his 60s with white hair. He was wearing blue jeans, a black coat, brown shoes, glasses and a black hat and was seen walking a medium-sized beige dog Tuesday morning.

Anyone with information is asked to contact the Sexual Assault/Child Abuse Unit at 613-236-1222 ext. 5944 or Crime Stoppers.

TREVOR GREENWAY/METRO

Lotto 6-49

Ottawa man wins almost $6M

Ottawa resident David R. Wright was one of three people to win the April 26 Lotto 6-49 draw, netting nearly $6-million from a jackpot he shared with two other Quebec winners, OLG said in a news release. OLG said Wright and his wife got on a train to Toronto to claim the prize. METRO

Dog beater should get 4 years, 6 months in jail: Crown

A man who pleaded guilty to beating a dog to near death with a shovel and rake before tossing it in a dumpster to die apologized to the court Tuesday as lawyers made arguments for how much time he should serve behind bars.

Steven Helfer, 24, stood from the prisoner's box to express remorse. His victim, an 18-month-old Labrador-Shepherd at the time of the assault, has lost permanent vision in one eye and will require medical attention for two years, the court heard Tuesday.

"For the charges laid against me, I would like to apologize to the people I had an impact on," said Helfer. "To Breezy and the family, I forced a tragedy on them and I'm sorry."

His charges include criminal harassment, assault with a weapon, and injuring or endangering animals.

A family adopted Breezy on March 11 and she has made a significant recovery after clinging to life at the Ottawa Humane Society after the Oct. 16, 2013 attack, said Crown prosecutor Tara Dobec.

"He thought he had killed her and that was his purpose," said Dobec.

Helfer is also being sentenced on an unrelated break and enter charge.

Dobec is asking for a total of 4 years and six months for all charges.

Defence lawyer Jonathan Boss called that sentence "completely out of the range." He asked for a sentence of nine to 10 months. JOE LOFARO/METRO

We Create Change Tour stops in Ottawa

Spencer West.
Motivational speaker to make 90 school stops

Students at Hopewell Public School pose with Spencer West and his crew Tuesday during a stop on their We Create Change Tour. TREVOR GREENWAY/METRO

Spencer West may have no legs, but it hasn't stopped the motivational speaker from climbing Mount Kilimanjaro, walking 300 kilometres on his hands from Calgary to Edmonton and now travelling across the country to inspire youth to change the world.

He's on a trip across Canada that will see him and his crew, including Canadian band Neverest and 11-year-old Free the Children Ambassador Hannah Alper, stop at 90 schools over several weeks for the We Create Change Tour.

Tuesday marked West's Ottawa stop where he spent the day inspiring students at Hopewell Public School. It's only stop 19, but he's already noticing how empowered students across the country are.

"A lot of adults are very cynical in that youth are very apathetic and they only care about themselves and their iPhones, and I have to disagree," West told Metro following a raucous speech that had close to 1,000 students on their feet. "They are not apathetic and they actually really care about what is going on in the world."

Part of the reason the We Create Change Tour is resonating is because Alper, who speaks like a Rhodes Scholar, relates to the audience.

"They are going to listen more to Hannah, because she is close to their age," said West.

Alper, who's been blogging about activism and social change since she was nine, said it's "heartwarming" to learn that so many students have been raising money to build schools in Third World countries. TREVOR GREENWAY/METRO

Ottawa Mayor Jim Watson surveys the stadium at Lansdowne during a tour on Tuesday. LUCY SCHOLEY/METRO

Lansdowne in final stretch for kickoff day

Sports venue. Stadium will 'meet the deadline' for first CFL game, but urban park, retail stores to open later this year

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With less than three months until the first Ottawa Redblacks home game, construction work at Lansdowne is revving up in time for kick-off day.

More than 1,100 workers are putting the finishing touches on the stadium before the football match on July 18.

With the backhoes still on site, plastic covering on the stadium's 24,000 seats and lack of turf, there's clearly still a lot of work to do between now and the first down.

But Ottawa Mayor Jim Watson said he's "extremely confident" the stadium will be ready.

"The project is on time — no question about that," he said, while touring the site on Tuesday with media, several councillors and city staff. "The (first) game has been slated by the CFL and we'll meet the deadline."

Only the stadium portion is due to be finished by the time of the football game, though. The urban park will open in August, retail stores will move in this fall and condominium units will open next year.

Bernie Ashe, the CEO of Ottawa Sports and Entertainment Group (OSEG), said the site will "come alive" for concerts next year. Apart from the stadium seats, there are an additional 18,000 seats for bigger concerts. OSEG has no announcements on outdoor concerts yet, but is starting to book indoor shows.

There's a glass-walled club area and cedar veil over-top the stadium — which Ashe calls the "money shot" because it's what you can see of Lansdowne from the Ottawa River.

Watson and other councillors shoveled dirt onto the first aspen tree, which will be one of 800 on the site. Watson said the total green space will be about the same as the front lawn of Parliament Hill and it will be open to anybody for picnics and Frisbee-throwing.

The retail rental spots are about 80 per cent full and include Sporting Life and Whole Foods.

The condominium units are about 75 to 80 per cent full.

Ottawa city councillors gather to help plant a tree at Landsowne Park. LUCY SCHOLEY/METRO

By the numbers

- 24,000 stadium seats
- 42,000 total seats for big concerts
- 1,100 workers finishing the site
- 800 aspen trees in the urban park
- 285 condominium and townhouse units
- 40 acres of land
- 3 months until the first Ottawa Redblacks game

Tight deadline

"The project is on time — no question about that. The (first) game has been slated by the CFL and we'll meet the deadline."

Ottawa Mayor Jim Watson, on the construction work left to be done.

Green space

The total green space will be about the same as the front lawn of Parliament Hill and it will be open to anybody for picnics and Frisbee-throwing.

Ottawa- and Toronto-based Same Day Theatre won a Prix Rideau Award for its rendition of In the Next Room, or The Vibrator Play. Pictured is the cast. CONTRIBUTED

Ottawa company wins Prix Rideau Award

The Vibrator Play. Same Day Theatre earns award for Best Production of 2013

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David Frisch said he had a "Sally Field moment" when he learned his theatre company won an award.

"You like me. You really like me," he said, jokingly mimicking the actress's 1985 Oscar acceptance speech.

Same Day Theatre earned the Prix Rideau Award for Best Production of 2013 for its rendition of In the Next Room.

Frisch, who's artistic producer and founder of the independent theatre company that's based in Ottawa and Toronto, said this award makes him feel like he's part of the capital's theatre community.

"It means a great deal," he said. "You're honoured by your peers. That carries a great weight."

Four members of the play's cast and crew were also nominated for Prix Rideau awards. The annual honours recognize French and English locally produced theatre.

In the Next Room, also known as The Vibrator Play, is a Pulitzer- and Tony-nominated comedy by Sarah Ruhl about the history of the clinical device, which was used to treat women for "hysteria."

Frisch said the award recognizes the entire production — an experience he described as, in John Belushi's words, "the most fun you can have with your clothes on."

Frisch is now working on "Art," which is about a friendship that becomes strained when one person buys a painting for a "horse-choking sum."

It will run May 23 to June 8 at the Gladstone Theatre.

Indecent acts

Police charge 62-year-old man

Police charged an Ottawa man Tuesday after investigating complaints about a man exposing himself at Mooney's Bay Park.

Donald Popadick, 62, was charged with indecent act and mischief.

Police said they received several complaints on April 14 about a man exposing himself at the west-end park near Riverside Drive. A man exposed himself at the same park on Tuesday morning and was arrested.

Popadick will appear in court on Wednesday.

JOE LOFARO/METRO

Gas cans in trunk. West Quebec man accidentally ignites his car with lighter

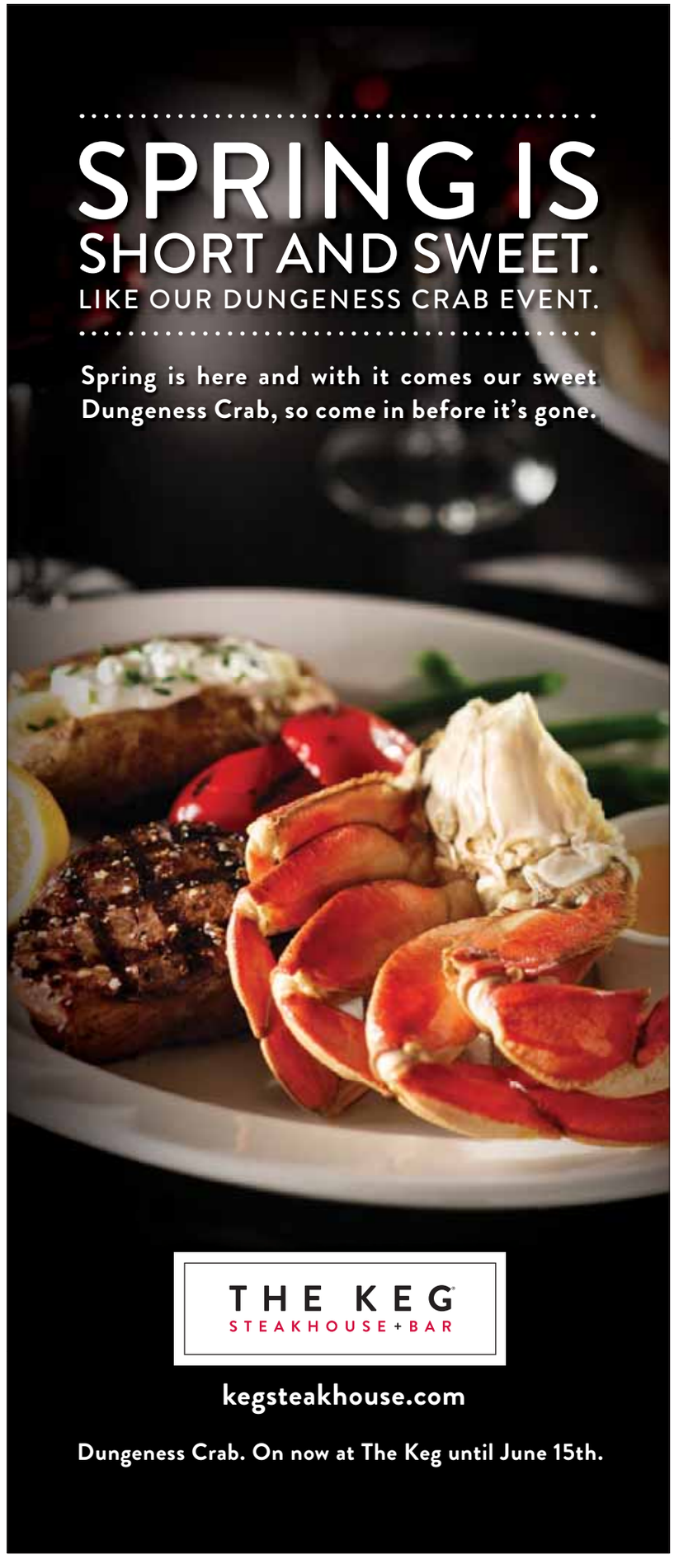
A L'Ange Guardien, Que. man is in hospital with serious injuries after he accidentally ignited his car, which was full of gas cans, by using a lighter to see through the dark Saturday.

The 22-year-old man had stored several gas cans in the trunk of his car. Police say that when he returned to the vehicle around 10 p.m. he wanted to find his cellphone, so he used his lighter to see in the dark — and the vapours ignited.

The car exploded and became engulfed in flames.

A L'Ange Guardien man is in hospital after his car full of gas cans exploded when he used his lighter as a flashlight. COURTESY POLICE

The man was transported to the Buckingham hospital with non-life-threatening injuries. TREVOR GREENWAY/METRO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Deadly tornadoes ravage the Deep South as death toll rises

Southern U.S. The storm system is the latest onslaught of severe weather after a tornado devastated Little Rock, Ark., Sunday

A dangerous storm system that spawned a chain of deadly tornadoes over three days flattened homes and businesses, forced frightened residents in more than half a dozen states to take cover and left tens of thousands in the dark Tuesday.

As the storm hopscotched across a large swath of the U.S., the overall death toll was more than 30, killed Monday and Sunday in a band stretching from Oklahoma to Alabama.

Some awoke Tuesday to find their loved ones missing and their homes pulverized. In Louisville, firefighters picked through the remains of mobile homes, and 20 of them linked hands to wade through debris. Rescue workers stepped over downed power lines and broken trees.

With water and roof damage, the small local hospital's emergency room was evacuated Monday.

"We thought we were going to be OK, then a guy came in and said, 'It's here right now,'" said Dr. Michael Henry, head of the ER. "Then boom! It blew through."

Just east of the hospital, a woman died at the daycare centre she'd run for seven years, according to the county coroner. One seriously injured child was evacuated from the centre, said state Rep. Michael Evans, D-Louisville, who is acting as a liaison for the county.

"You see this in movies," said Abby Tucker, 27. "You don't see it in your own backyard."

The storm system is the latest onslaught of severe weather a day after a tornado carved an 80-mile path of destruction through Little Rock, Ark., killing at least 15. Severe storms also killed on person each in Oklahoma and Iowa on Sunday. THE ASSOCIATED PRESS

Dan Wassman gets a hug from a friend Amy Lundsford at the destroyed home of his son, also named Dan, who was killed when a tornado struck the house late Sunday afternoon in Vilonia, Ark. Tornadoes ripped through the region earlier this week, leaving many dead. MARK WILSON/GETTY IMAGES

Italian judge says Knox delivered 'mortal blow'

In this 2011 file photo, Amanda Knox gestures during a press conference, in Seattle. TED S. WARREN/THE ASSOCIATED PRESS

The Italian appeals court that reinstated the conviction against Amanda Knox in her British roommate's 2007 murder said in a lengthy reasoning made public Tuesday that Knox herself delivered the fatal blow out of a desire to "overpower and humiliate" the victim.

Presiding Judge Alessandro Nencini concluded in a 337-page document that the evidence "inevitably leads to the upholding of the criminal responsibility" against Knox and her former Italian boyfriend Raffaele Sollecito for the murder of 21-year-old Meredith Kercher in a hillside villa occupied by students in the university town of Perugia.

The judge said the nature of Kercher's wounds, which he said were inflicted by two knives, and the absence of defensive wounds indicated multiple aggressors were to blame, also including Rudy Hermann Guede, an Ivorian man convicted separately and serving a 16-year sentence.

Nencini presided over the Florence-based panel that reinstated the first trial guilty verdicts against Knox and Sollecito in January, handing Knox a 28 1/2 year sentence including the additional conviction on a slander charge for wrongly accusing a Congolese bar owner. Sollecito faces 25 years.

The release of the court's reasoning opens the verdict to an appeal back to the supreme Court of Cassation.

The University of Washington student has been in the United States since 2011, when her earlier conviction was overturned. Knox, 26, has vowed to fight the reinstated conviction, saying she would "never go willingly" to Italy to face her judicial fate. THE ASSOCIATED PRESS

The decision

Nencini's reasoning assigned the role of each assailant:

- Sollecito, now 30, used a small knife that caused a wound on Kercher's neck and also was used to remove her bra, the judge wrote, while Guede restrained and sexually assaulted the victim. Knox "delivered the only mortal blow," with a kitchen knife, the judge wrote.

Suspect dead

Six wounded in FedEx shooting

A FedEx employee wearing ammunition draped across his chest "like Rambo" opened fire Tuesday at a package-sorting centre outside Atlanta, wounding six people, three critically, before committing suicide, police and witnesses said.

The suspect, identified by police as 19-year-old Geddy Kramer of Acworth, was found dead inside. He worked as a package handler at the sprawling facility, Cobb County police Sgt. Dana Pierce said.

Investigators have an idea of what his motive may have been, but they were not prepared to disclose it yet, Pierce said. THE ASSOCIATED PRESS

Colorado

BYOW: Like BYOB, but with weed

Saying it's bring-your-own-weed, the Colorado Symphony Orchestra will play a series of fundraising concerts sponsored by the state's growing pot industry.

In a statement Tuesday, symphony CEO Jerome Kern says they're part of efforts to reach a broader audience.

Listeners are encouraged to bring their own marijuana to smoke or eat. Smoking will be allowed at the private venues where the first two 21-and-up concerts will be held. Organizers say they will follow the rules at the final show at the publicly owned Red Rocks Amphitheater, where smoking is banned. THE ASSOCIATED PRESS

Mexico City

Vigilante justice saves the day

Mexico City officials said Tuesday an unidentified man disarmed a thief trying to rob passengers aboard a bus, then shot him and another thief to death before fleeing.

The Mexico City officials said the bodies of two men were found at the scene late Monday, as were two pistols — one of them a toy.

Officials quoted witnesses saying the two men were allegedly robbing passengers at gunpoint when a bus rider wrestled a gun away from one thief, shot him and the accomplice. He has since been labelled "the anonymous avenger," or "Vengador Anonimo" on social media. THE ASSOCIATED PRESS

South Korea's president apologizes for ferry disaster

South Korean President Park Geun-hye pays tribute to the victims of the sunken ferry Sewol at a group memorial altar in Ansan, South Korea. Guen-hye apologized Tuesday for the government's inept initial response to a deadly ferry sinking as divers fought strong currents in their search for nearly 100 passengers still missing nearly two weeks after the accident. The government also raised the death toll to 204 amid rising indignation over claims by the victims' relatives that the government did not do enough to rescue or protect their loved ones. Most of the dead and missing are high school students. YONHAP/THE ASSOCIATED PRESS

U.S. Senate

Rand Paul proposes end to Palestinian aid

A Republican senator is pushing legislation that would end U.S. aid to the Palestinians unless they renounce terrorism and recognize the state of Israel.

Sen. Rand Paul, a potential 2016 presidential candidate, introduced legislation on Tuesday that would cut off assistance, loan guarantees and debt relief to the Palestinian Authority or any affiliated government entity.

THE ASSOCIATED PRESS

Indianapolis airport

Three flights make emergency landings

Three aircraft made emergency landings at Indianapolis International Airport within one day.

Airport spokesman Carlo Bertolini says a United Airlines regional jet landed Tuesday after reporting a possible problem with an auxiliary power unit. A military A10 aircraft also landed safely after diverting to Indianapolis due to a fuel indicator problem. And a Delta flight carrying 112 people to Atlanta landed at about 2:45 p.m. due to engine trouble.

THE ASSOCIATED PRESS

New York

Murder trial might review rap lyrics

Jurors at the New York City trial of an alleged drug kingpin could be hearing his amateur rap rhymes as evidence against him.

Prosecutors have asked a judge to allow them to use the lyrics at the trial of Ronald "Da Riggs" Herron. The government says gritty recordings by Herron bolster allegations he was a stone-cold killer.

Defence lawyers have argued that their client's work is a constitutionally protected expression of free speech that has no place in the case. THE ASSOCIATED PRESS

Carriage driver accused of faking ID on older horse

Breaking the rules. N.Y.C. driver may have used a younger horse's identity to keep an ailing 22-year-old horse at work

A carriage horse is viewed as people protest against the use of carriage horses at Central Park on April 24 in New York City. SPENCER PLATT/GETTY IMAGES

A New York City carriage driver has been accused of altering a hoof brand to make a 22-year-old draft horse with a breathing ailment appear to be a healthier horse nearly half its age.

Frank Luo branded the wrong hoof identification number on an aging horse named Ceasar, who was supposed to be resting on a Pennsylvania farm, so he could work under a licence issued to a 12-year-old horse named Carsen, city health officials said in an administrative order last month.

The details of the case come as Mayor Bill de Blasio and animal rights activists are pushing to ban the city's carriage industry as inhumane to the horses. Drivers have responded by saying they care for the horses like their own children.

In the written order, officials said a city vet noticed in late January that the horse had Carsen's ID number on its hoof, but its "physical characteristics and medical condition was that of the older horse." Ceasar had a mild, chronic condition called "heaves," which is similar to asthma, city officials said.

Luo told The Associated Press on Friday that the vet simply got it wrong.

"I did not switch the horses. It's just very confusing because they look alike," he said.

Initially, Luo submitted paperwork intended to prove that the horse really was Carsen, including a handwritten note from a Pennsylvania farmer who said Ceasar had been on his farm for months. The city asked for more proof, including a veterinarian's evaluation.

Five days later, Luo's lawyer informed the department that he couldn't afford to have the horse sitting idle and had shipped him to Pennsylvania and sold him.

"It's all settled now," Luo said. He said he would continue to operate his business using other horses.

The sale effectively ended the investigation by the Department of Health and Mental Hygiene, which monitors the horses' health. But the Department of Consumer Affairs, which regulates the drivers, is still investigating.

THE ASSOCIATED PRESS

Not the first time?

A 2007 audit by the city noted that health certificates for carriage horses sometimes contained physical descriptions that changed from year to year, suggesting they weren't the same animals.

- In 2008, a stable owner pleaded guilty to disorderly conduct to resolve allegations that he tried to bribe a city investigator.

Pro-Russian activists storm an administration building in the centre of Luhansk, Ukraine, one of the largest cities in Ukraine's troubled east, on Tuesday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Insurgent occupations raise tensions in Ukraine's east

A key move.
Protesters demanding regional authority occupy government building in Luhansk

Protesters demanding more power for Ukraine's regions stormed the government building in Luhansk with baseball bats Tuesday, seizing control of a key site in one of the largest cities in Ukraine's troubled east.

The move further raises tensions in the east, where insurgents have seized city halls, police stations and other government buildings in at least 10 cities and towns.

The demonstrators who overran the building are seeking — at the very least — a referendum on granting greater authority to Ukraine's regions.

Eastern Ukraine, which has a large Russian-speaking population, was the heartland of support for Viktor Yanukovych, the president who fled to Russia in February. The government that replaced him in Kyiv has resisted those demands so far, fearing they could lead to a breakup of the country or mean that more regions — like Crimea — are annexed by Russia.

The storming came as 1,000 demonstrators gathered in front of the building. About 150 people, some masked and wielding baseball bats, broke out of the crowd and charged into the building, meeting without resistance. Later protesters formed a corridor for police who had been inside the building to leave.

In Kyiv, Ukraine's parliament on Tuesday discussed the possibility of holding a national referendum on whether the country should remain united or become a loose federation that allows the regions more powers. However, nothing close to a consensus was reached.

Ukraine is already holding a new presidential election on May 25.

THE ASSOCIATED PRESS

Ukraine election

Canadian government hires new agencies to organize election observers

The Harper government has hired two agencies with relatively little experience in elections monitoring to organize hundreds of Canadian observers for next month's Ukrainian presidential vote.

The government has hired the Forum of Federations and CUSO International to replace its longtime Ukraine election partner, the non-governmental organization Canadem.

Veteran election observers, as well as Canadem, were caught off-guard by the announcement last week.

The project will see 338 bilateral, short-term Canadian observers sent to the May 25 vote in Ukraine.

The decision comes two years after internal government assessments recommended Canadem as Ottawa's only option.

The government only began consulting with the Forum and CUSO in recent weeks to begin recruiting observers.

THE CANADIAN PRESS

Commander outs Russian involvement on TV show

When shadowy commander Igor Strelkov appeared before the cameras recently, he did more than reveal the face of the insurgency rocking eastern Ukraine. He strengthened the case that Russia is behind the turmoil.

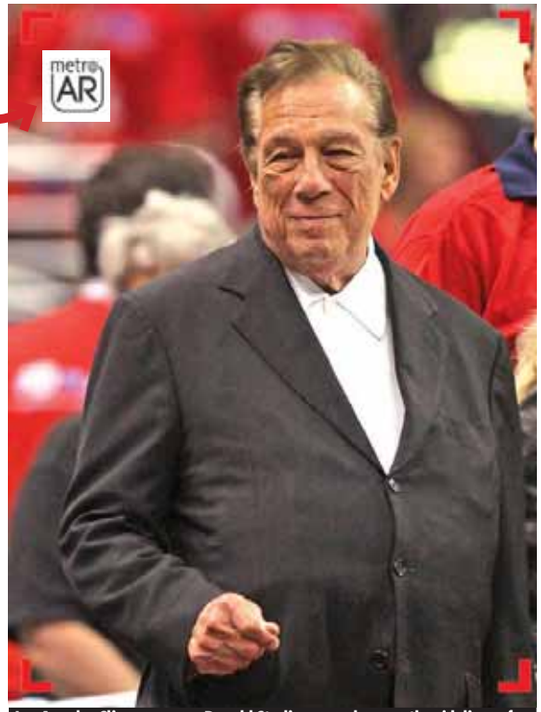
The commander did not address Ukraine and European Union assertions that he is a Russian intelligence officer. But he told journalists that he and his men entered Ukraine from Crimea, which Russia annexed in March after an insurgency that Russian President Vladimir Putin now admits involved Russian troops. Strelkov's assertion that many of the insurgents are not locals undermines rebel claims that the insurgency is a spontaneous uprising, rather than a co-ordinated operation backed by outside forces.

A Ukrainian journalist shows a photo of military commander Igor Strelkov on Tuesday. IVAN SEKRETAREV/THE ASSOCIATED PRESS

"The militia is of course strongly sprinkled with volunteers from other regions," Strelkov said in a taped interview with Russian tabloid Komsomolskaya Pravda. It wasn't clear why Strelkov has chosen to go public now.

THE ASSOCIATED PRESS

See that symbol? Scan the image below with your Metro News app to listen to Donald Sterling's conversation with his girlfriend.



Los Angeles Clippers owner Donald Sterling, seen here on the sidelines of a 2012 NBA playoffs game, won't get to watch his team in the current playoffs after the NBA banned him for life in response to racist comments the league says he made in a recorded conversation. STEPHEN DUNN/GETTY IMAGES FILE

NBA clips Sterling's wings with lifetime ban

Racist comments.
League commissioner says Clippers' owner acknowledged he was the man on the tape

Issuing about the strongest rebuke that he could, NBA Commissioner Adam Silver banned Los Angeles Clippers owner Donald Sterling for life Tuesday for making racist comments in a recorded conversation, the first step toward forcing a sale of the club and permanently removing Sterling from the league.

Silver also fined Sterling $2.5 million US.

Sterling, the league's longest-tenured owner and someone with an estimated net worth of about $2 billion US, did not offer any immediate comment.

Silver said a league investigation found that Sterling was in fact the person on the audiotapes that were released over the weekend.

Sterling still owns the team, but going forward he is immediately barred from attending any NBA games or practices, being present at any Clippers office or facility, participating in any business or player personnel decisions involving the team.

THE ASSOCIATED PRESS

Reaction

"This league is far bigger than any one owner, any one coach and any one player."

NBA Commissioner Adam Silver, speaking at a press conference Tuesday in New York City to discuss Los Angeles Clippers owner Donald Sterling.

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Live-fire drills by N. Korea stokes anxiety in region

Routine drills.
New concerns arise following fatal shelling of South Korean island in 2010

North Korea conducted live-fire artillery drills near its disputed western sea boundary Tuesday, South Korean officials said, in a possible indication of rising frustration in Pyongyang as it pushes unsuccessfully for outside aid.

Both Koreas conduct such drills routinely, but they can be sensitive because North Korea doesn't acknowledge the UN-drawn sea boundary near South Korean islands and the North Korean mainland in the Yellow Sea.

Last month, South Korea fired artillery shells into the North's waters after North Korean shells from a live-fire drill landed south of the boundary. After South Korean drills in 2010, North Korea shelled a South Korean island, killing four people.

On Tuesday afternoon, the North tested 50 rounds of artillery shells over 10 minutes, South Korean Defence Ministry spokesperson Kim Min-seok told reporters.

Analysts have said Pyongyang's announcements about such drills are driven by frustration that the country has achieved little in a recent push to win outside aid.

The sea boundary was drawn without Pyongyang's consent at the close of the 1950-53 Korean War, which ended with a truce, not a peace treaty, leaving the peninsula still technically in a state of war. North Korea argues the line should run farther south.

Tuesday's artillery drills occurred while South Korea copes with the tragedy of a ferry sinking in which more than 300 people are dead or missing.

THE ASSOCIATED PRESS

A man watches a television news program at a train station in Seoul Tuesday, which reported on North Korea's live-fire drills. LEE JIN-MAN/THE ASSOCIATED PRESS

Newly proposed bill looks to bolster anti-gay law

The Ugandan government has drafted a new bill to punish "errant" civic groups that meddle in domestic politics and promote "bad cultures," a senior government official said Tuesday, warning that groups deemed anti-government risk being driven out of this East African country.

The measure comes two months after Uganda enacted a harsh anti-gay law amid Western condemnation and as the country's longtime president prepares to seek another term in office.

Ugandan President Yoweri Museveni's government has had an increasingly difficult relationship with non-governmental organizations, especially Western ones, and has accused some of talking politics and of trying to promote homosexuality among young Ugandans.

Under the new measure, which is under consideration by the Cabinet, civic groups risk losing their licenses if they engage in activities other than those officially declared to local authorities, said James Baba, Uganda's deputy interior minister.

If the measure is passed by parliament, civic groups will be required to declare all their sources of funding to local authorities, their programs, as well as how their money is spent, he said, charging that some groups are actively involved in political activism. He did not name those groups.

"Do we interfere in U.K. politics? Do we say who should be their prime minister? Why should they tell us who our president should be? And there are some NGOs which are here promoting bad cultures like homosexuality," he said.

Now civic groups are being targeted because they can stand "on the same platform with opposition politicians" to demand good governance and an end to corruption, said Jacqueline Asiimwe-Mwesige, a Ugandan lawyer and prominent activist.

"The narrative is that (civic groups) are problematic," she said. THE ASSOCIATED PRESS

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Man overboard

Cruise ship passenger missing

The U.S. Coast Guard has suspended its search for a 30-year-old American man who reportedly jumped off a cruise ship sailing between the Bahamas and South Florida.

The Coast Guard says searchers covered more than 4,800 square kilometres since James Miller of South Carolina went missing from the ship Bahamas Celebration early Sunday.

THE ASSOCIATED PRESS

Afghanistan

Questions over terrorist suspects

President Hamid Karzai accused British and U.S. forces on Tuesday of continuing to operate "illegal" detention facilities in the country, another volley in the rancorous disagreement between the Afghan leader and his foreign backers over what to do with captured Taliban suspects.

Karzai has repeatedly said any foreign-run prisons or jails in Afghanistan are illegal.

THE ASSOCIATED PRESS

Market blasts

Attack an effort to frighten voters

Bombs ripped through an outdoor market northeast of Baghdad on Tuesday, the deadliest in separate attacks that officials said killed 24 people on the eve of the first nationwide elections since the 2011 withdrawal of U.S. forces.

Tuesday's attack took place in the town of Sadiyah, 140 kilometres northeast of Baghdad, a police officer said.

THE ASSOCIATED PRESS

Canadian held captive in Egypt

Deteriorating health. Former Morsi aide has been held prisoner for more than 300 days

Sarah Attia, wife of Al-Qazzaz
ADRIAN WYLDSS/THE CANADIAN PRESS

A Canadian woman is pleading for federal help to convince Egypt to release her husband from captivity in a Cairo jail.

Sarah Attia says the health of her husband, Khaled Al-Qazzaz, is deteriorating.

Attia says she's growing more worried about his fate after word this week that more than 680 people with ties to ousted president Mohammed Morsi were added to a list of those facing death sentences.

Al-Qazzaz is a former aide to Morsi and a Canadian permanent resident.

He was arrested along with Morsi and eight other presidential aides early in July of last year when the Egyptian military removed Morsi from office.

While Al-Qazzaz has yet to be charged with any offence, Monday marked 300 days since his arrest.

Attia, who was born in Canada, was scheduled to meet Tuesday with Mississauga MP Stella Ambler.

Attia and Al-Qazzaz have four children ranging in age from one-and-a-half to eight years old. The two met while studying at the University of Toronto and moved to Egypt in 2005 to launch an educational project.

Al-Qazzaz campaigned for Morsi following the 2011 Egyptian uprising and was later appointed the former president's secretary on foreign relations.

"There is an increased concern that, any moment now, Khaled may witness trumped-up charges and, like others, face a death sentence as well," Attia told an Ottawa news conference.

She said she's aware that Foreign Affairs Minister John Baird recently raised Al-Qazzaz's case with the new Egyptian regime, but has no details of the discussions.

THE CANADIAN PRESS

Price tag for jets could soar

A F-35 is seen during the Joint Services Open House and Air Show at Andrews Air Force Base in Maryland. A new report says the operating costs of Canada's proposed new stealth fighter could be much higher than what the Harper government is acknowledging. BRENDAN SMIALOWSKI/GETTY IMAGES

Court of appeal

Khadr's status before court

Former Guantanamo Bay detainee Omar Khadr turns to Alberta's top court Wednesday in hopes of having his eight-year prison term recognized as a youth rather than an adult sentence.

At issue before Alberta's Court of Appeal is whether Correctional Service of Canada has correctly interpreted the sentence handed down by an American military commission in 2010 after Khadr pleaded guilty to five war crimes he committed as a 15-year-old.

THE CANADIAN PRESS

Toronto

New terror group

A Canadian organization, the International Relief Fund for the Afflicted and Needy, has been formally branded a terrorist group before the start of a court battle over the revocation of its charitable status.

THE CANADIAN PRESS

A BRAVE NEW EARTH

Why go to Mars?
Futurists say the better question is: Why not?

ROBSON FLETCHER
robson.fletcher@metronews.ca

Peering into the coming decades, Glen Hiemstra has little doubt that humans will one day walk on Mars.

"It's a question of inevitability more than a question of feasibility," the Seattle-based author, consultant and founder of futurist.com told Metro. "We will eventually go there."

While Hiemstra described the goal of the Mars One project to land settlers on the Red Planet in 2025 as "very ambitious," he also believes the timeline isn't all that far off.

"In my opinion, optimistically, it's the 2030s, not the 2020s," he said. "Realistically, it's probably the 2040s, 2050s before we've really assembled everything that we need."

Len Rosen, the Toronto-based author of 21st Century Tech Blog, foresees a similar timeframe for humanity's first footprints on Martian soil.

"The most optimistic people think in the 2030s — somewhere in that decade," said the 65-year-old Rosen. "I'm hoping I'll be alive to see it."

Questions of how aside, both Rosen and Hiemstra had similar answers when asked the bigger question: Why should we go to Mars?

Neither thought it likely that, in the immediate future at least, humans would need another planet to escape some calamity on Earth. Rather, they said, it's more a matter of satisfying our natural desire to explore.

"Curiosity is a huge part of our human nature," Rosen said. "Why do you climb a mountain to the top? You're not doing it because you feel you need to find something at the top of the mountain, other than the satisfaction."

Hiemstra said there is a certain "lifeboat aspect to settling somewhere else," adding that humanity will need another planet at some point in the distant, distant future, but for now that's not the main driver to send people to Mars.

"I think it's really driven more by the exploratory impulse," he said.

That impulse has been behind many past human achievements, Rosen noted.

"What drove us to learn how to build aircraft?" he said. "At the time I don't think anybody thought we needed to do it, but we did it. And now, what would be our world without air transport?"

WELCOME THE RED PL

A human expedition to Mars is proposed within the next 15 years. Over the next three days, Metro will take you on a pre-flight trip to show you how we'll get there, who might be first to go, and what it might be like when they arrive in this new frontier.

Spacecraft propulsion *of the past, present and future ...*

Faster and faster. The roughly seven-month trip to Mars is seen as one of the major challenges in sending people to the Red Planet.

Such a long journey will take a toll on astronauts, both in terms of exposure to high levels of space radiation and the long-term effects of microgravity on the human body. But scientists are researching all sorts of different ways to speed up spacecraft and cut down on the travel time. Here are some of the propulsion methods being considered:

Liquid-fuelled rockets

This is the type of propulsion that has been sending rockets off of the Earth's surface since the 1950s. It remains the most feasible and readily available method of powering spacecraft, although the challenge for interplanetary travel (rather than just putting craft in orbit) is that it requires both fuel and oxygen — and that can become burdensome to carry, as oxygen accounts for most of the mass in typical propellant combinations.

Ion/plasma thrusters

This approach to propulsion uses electric forces to hurl tiny charged particles at high speeds. Many satellites already use this technology to help stabilize their orbits. These thrusters have been eyed for extremely long-distance space travel, as they can provide small but continuous acceleration for months, even years. But a former NASA astronaut is working on a "Variable Specific Impulse Magnetoplasma Rocket" (VASIMR) he believes could one day reach Mars in just 40 days.

Nuclear fission

Splitting atoms to derive energy is an attractive option because a tiny amount of nuclear fuel can deliver an enormous amount of propulsion. The main challenge lies in safely controlling the fission reaction, as you don't want a meltdown in space. Nevertheless, NASA is working on a "Fission Fragment Rocket Engine" that it believes could provide "significant thrust" using "small amounts of readily available, energy dense, long lasting fuel."

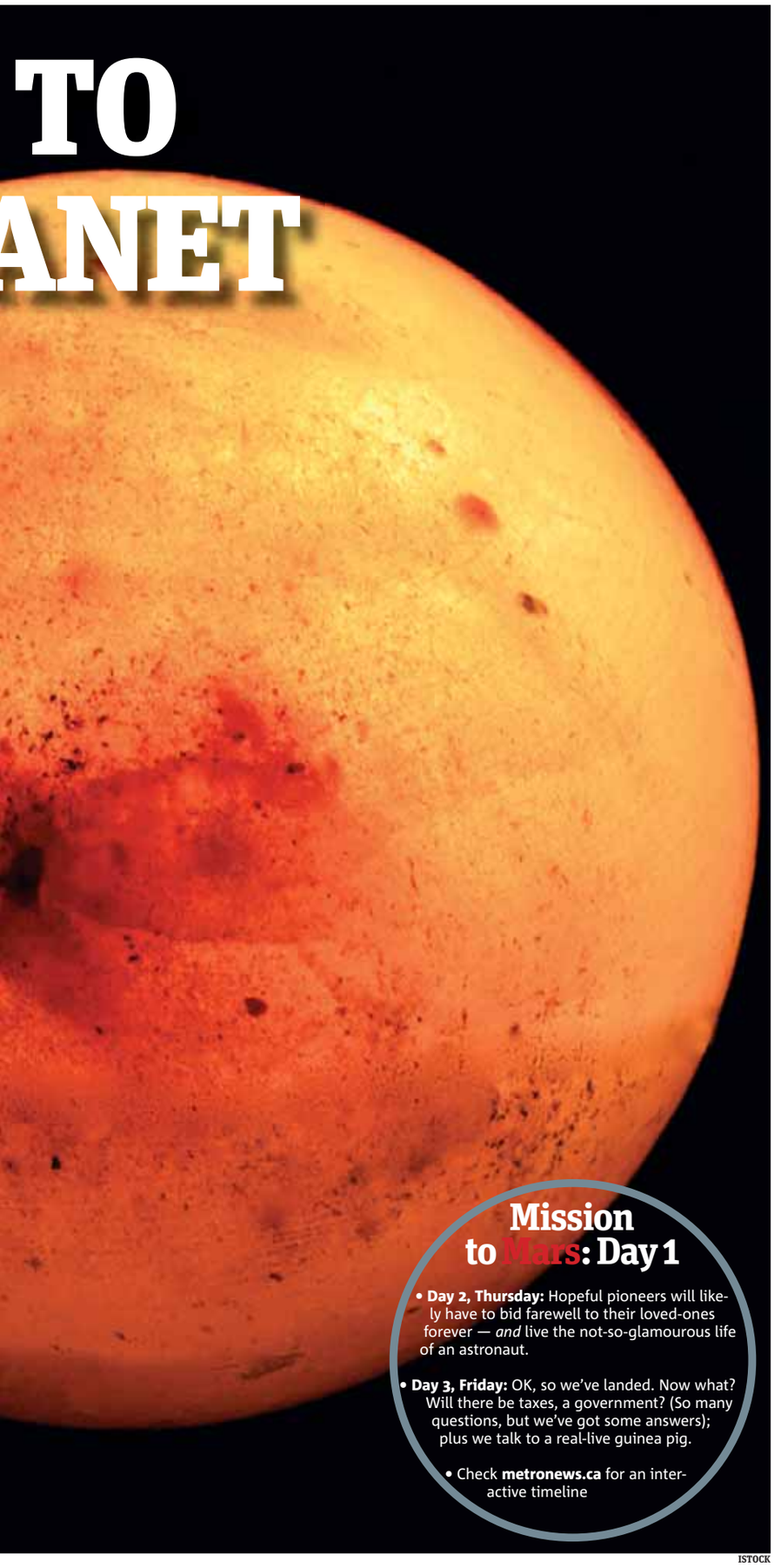
Nuclear fusion

This process involves the smashing of atoms together rather than splitting them apart, but it is similarly attractive because it harnesses massive amounts of energy from small amounts of fuel. A deuterium-tritium fuel pellet the size of a grain of sand could deliver as much propulsion as a gallon of liquid rocket fuel from a "Fusion Drive Rocket" under development by NASA and the University of Washington.

Anti matter engine

Anti matter engines are largely the stuff of science fiction, but the NASA Institute for Advanced Concepts is funding a team of researchers who are looking into the possibility of such technology. The idea is to collide matter with antimatter, resulting in a complete annihilation of mass, all of which is converted to energy. As NASA writes on its website: "While tons of chemical fuel are needed to propel a human mission to Mars, just tens of milligrams of antimatter will do."

TO ANET



Mission to Mars: Day 1

- **Day 2, Thursday:** Hopeful pioneers will likely have to bid farewell to their loved-ones forever — *and* live the not-so-glamourous life of an astronaut.
- **Day 3, Friday:** OK, so we've landed. Now what? Will there be taxes, a government? (So many questions, but we've got some answers); plus we talk to a real-live guinea pig.
- Check **metronews.ca** for an interactive timeline

ISTOCK

Success rate climbing with successive missions

Historically, more missions to Mars have failed than succeeded, but the success rate is climbing as technology improves and new missions build on the lessons of previous ones.

NASA, itself, has seen a string of recent successes, from the Spirit and Opportunity rovers in 2003, to the Mars Reconnaissance Orbiter in 2007, to the famous Curiosity rover that landed in 2012 and has been sending back high-definition imagery every since.

NASA's next major mission, named InSight, is set to launch in March 2016 with the goal of landing a robotic drill on the Red Planet that will probe five metres into Martian soil.

Working on the robot is Catherine Johnson, a professor of planetary geophysics at the University of British Columbia, who said the tricky task of safely placing a delicate lander on the surface of Mars is becoming easier in one sense, but harder in another.

"One of the things that is becoming more and more challenging — in a good way — is that we have more and more information about the surface of Mars now, at higher and higher resolution," she said.

"So our criteria for what is a safe landing site gets stricter and stricter."

But even with a perfectly calculated trajectory and an ideal location to land, Johnson said there's one curveball Mars can still throw at you — the weather.

"A planet with an atmosphere, even if it's only a thin atmosphere like on Mars, that atmosphere can be quite variable," she said. "You never know exactly what's going to be happening the day you land."

ROBSON FLETCHER/METRO

Success and failures

In a "historical log" of 41 missions (not all of them landing missions) undertaken by various countries since 1960, NASA counts:

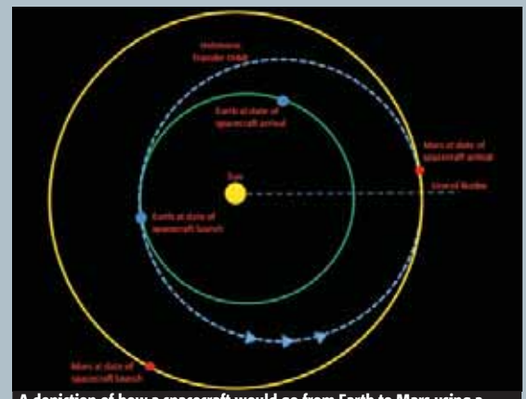
- **23** as having failed
- **16** as having succeeded
- **2** as "success/failure" for partially achieving their goals

An artist's conception of the stationary NASA Mars lander known as InSight, set to launch in March 2016 with the goal of drilling into the interior of Mars.

COURTESY NASA/JPL-CALTECH

Journey to Mars

Hundreds of millions of kilometres on a slingshot-trip around the sun



A depiction of how a spacecraft would go from Earth to Mars using a Hohmann transfer orbit.

IMAGE COURTESY GEORGIA TECH SATELLITE COMMUNICATIONS AND NAVIGATION COURSE

The trip to Mars is a long one.

Next to Venus, the Red Planet is the second closest to Earth, but the direct distance from here to there is still measured in the tens of millions — sometimes hundreds of millions — of kilometres.

That's because, as Earth and Mars each make their way around the sun, the distance between the two terrestrial planets varies widely.

At its closest, Mars can be about 55 million kilometres away. At its furthest, it's more than 400 million kilometres away. Earth has the inside track around the sun, orbiting every 365 days, while the Mars year is longer – roughly 687 days.

The difference between their orbital periods means that Earth "laps" Mars about once every 26 months.

These moments present an ideal launch window for spacecraft, although even then the journey is not a direct, A-to-B path.

A typical trip to Mars follows what's called a "Hohmann transfer orbit," in which a spacecraft leaves Earth on one side of the sun, slingshots around the sun, and meets up with Mars on the far side of the sun from where it began. The entire journey spans hundreds of millions of kilometres and takes about seven months.

This is the route that Mars One plans to use.

According to its ambitious schedule, the non-profit foundation aims to launch unmanned spacecraft carrying equipment and robots to the Red Planet in 2018, 2020, and 2022, and then send the first crew of human settlers — on a one-way trip — in 2024. ROBSON FLETCHER/METRO

Who on earth would take a one-way trip to Mars? Find out in Day 2 of Mission to Mars

Market Minute

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TSX
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$101.28 US (+$0.44)

GOLD
$1,296.30 US (-$2.70)

Canadian content rules

This porn needs more maple syrup and Mounties, stat!

Three TV channels specializing in pornography have been forced to enhance their Canadian content and closed captioning to meet CRTC guidelines.

A trio of AOV channels and two mainstream, non-pornographic channels are up for licence renewals.

They had been warned by the Canadian Radio-television and Telecommunications Commission that they may have failed to comply with licensing conditions by providing less than 35 per cent Canadian programming. **TORSTAR NEWS SERVICE**

Bitumen

Suncor sets sights on refining Alta. oil in Montreal

A project that would enable Suncor Energy Inc.'s Montreal refinery to process thick, tarry oilsands bitumen from Alberta could get the green light later this year or early in 2015, CEO Steve Williams said Tuesday.

The Montreal coker project is just one way Suncor is looking to cut crude costs at the refinery, which has long relied on pricey overseas imports.

Suncor is not disclosing the estimated pricetag of the coker project, but Williams says it will cost much less to build in Montreal than in Alberta. **THE CANADIAN PRESS**

How often are telecoms giving data to the feds?

Calls for more. Privacy commissioner pushes for specifics on personal info being given to government

Chantal Bernier
THE CANADIAN PRESS

Canada's privacy commissioner says telecom companies are refusing to tell her office how many times they have handed over personal customer information to the federal government without a warrant.

Chantal Bernier, the interim privacy commissioner, said her office has repeatedly asked telecom companies to disclose statistics and the scope of warrantless disclosure of data, to no avail.

Bernier said the companies have only provided her office with aggregate data, which shows how many times the telecom industry as a whole gives the government customer information without a warrant.

Bernier said she would like to see specific statistics published about this information.

"It would give a form of oversight by empowering citizens to see what the scope of the phenomenon is." **THE CANADIAN PRESS**

South of the border

The U.S. Supreme Court seemed wary Tuesday of allowing police unbridled freedom to search cellphones found on people they arrest without first getting a warrant.

- A key question in two cases argued Tuesday is whether Americans' cellphones, with vast quantities of sensitive records, photographs and communications, are a private realm much like their homes.
- The justices suggested they might favour limiting warrantless cellphone searches to looking for evidence of the crime on which an arrest is based. **THE ASSOCIATED PRESS**

Mercedes-Benz recalls more than 284,000 C-Class cars

A Mercedes C-Class C350 sits on display at the New York International Auto Show in April 2011, in New York City. Mercedes-Benz is recalling more than 284,000 C-Class cars in the U.S. and Canada because the rear lights can fail. The recall affects some C300, C350 and C63 AMG cars from the 2008 through 2011 model years. The problem affects nearly 253,000 cars in the U.S. and another 31,000 in Canada. STORY: THE CANADIAN PRESS; PHOTO: RAMIN TALAIE/GETTY IMAGES

Security. TSA's PreCheck takes flight at Air Canada

The U.S. Transportation Security Administration is expanding its PreCheck expedited screening program to passengers on international airlines.

Air Canada on Tuesday became the first international carrier to participate, with TSA officials saying other foreign airlines would soon sign on. **THE ASSOCIATED PRESS**

Report. Rude luxury-shop staff boosts bottom line

If luxury brands want to sell more, they should hire rude sales staff.

That's the finding of a new University of B.C. study that reveals consumers who get the brush-off at high-end retailers are more willing to fork over the big bucks.

THANDI FLETCHER/ METRO IN VANCOUVER

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BY GEORGE! AT LAST, A UNION FORGED

JUST SAYIN'

Paul Sullivan
metronews.ca

I'm sure I'm not the only guy who ever wished he could be George Clooney, if only for a day.

A winning combination of intelligence, talent, wit, savoir faire, je ne sais quoi and all those other untranslatable French phrases, George tops it all off with matinee-idol good looks.

Not surprising. He's a matinee idol, duh.

Which is no small distinction. Matinee idols are a dying breed. All the other guys on the cover of GQ look alike and are called Hemsworth. George is the epitome of class at a time when class is 40 per cent off at the outlet mall. Who wouldn't want to be George?

Until now, George was also the world's most eligible bachelor. Apparently — I wouldn't know — that's tough. When the women of the world are throwing themselves at your feet, it can be a challenge, or so I hear. George handled the "too many women problem" by doing his best to date them all. And after a brief matrimonial experiment in the early '90s, he also tried to live with them all, one at a time, for two- to three-year stretches.

A selfless quest, if doomed to failure. There's just not enough George to go around. And, truth be told, at 53, he's not getting any younger. You could see it in Gravity. Sandra Bullock was the undisputed star and George was relegated to supporting role status as the kindly sidekick, sort of Buzz Lightyear with crinkles. Not wrinkles. George will never have wrinkles.

The signs are clear. The man who bet Michelle Pfeiffer $100,000 that he'd never get married again is ready to settle down. All those cocktail waitresses, supermodels and female wrestlers were OK when he was dating the entire female gender, but now he has to pick one.

And so he's focused that formidable charm on the world's smartest and most beautiful woman, who, in case you're wondering, is 36-year-old Amal Alamuddin. It's hard to believe she is just one woman. She tops the list of the 21 Hottest Barristers in London, was educated at Oxford, specializes in international law, speaks three languages, advises the Secretary General of the UN on human rights in Syria, represented ex-Ukrainian Prime Minister Yulia Tymoshenko and helped Wikileaks founder Julian Assange resist extradition to Sweden.

I imagine it's hard to pull the wool over Ms. Alamuddin's eyes, but when the wolf mounting the charm offensive is George Clooney, what can you do? You sigh, succumb, and go to meet mom. Who, by the way, approves of this prodigious combination of beauty and brains.

Of course, this is real life, not Hollywood. The union of the world's most eligible bachelor and the paragon of global jurisprudence does not, at first blush, look like a recipe for Happily Ever After. Amal better hope George's attempt to mate, er, date the planet is over, and George better hope he doesn't end up before a world tribunal on matrimonial war crimes. Still, today, it's all about congratulations and the triumph of class over crass.

ZOOM

Science experimantis

Newcastle University scientists research vision by outfitting a praying mantis with 3D glasses.
MIKE URWIN/NEWCASTLE UNIVERSITY

Q&A

"It's a test for their eyesight"

VIVEK NITYANANDA
Research associate at Newcastle University's Institute of Neuroscience

A praying mantis has been outfitted with the world's smallest pair of 3D glasses as part of an experiment to understand the insect's vision. Scientists from Newcastle University used beeswax to affix the five-millimetre-wide shades on the bug's head.

Here's what researcher Vivek Nityanada had to say about the experiment:

What inspired you to put 3D glasses on a bug?
We wanted to find out how three-dimensional vision has evolved. Like humans, praying mantises have 3D vision, or stereopsis. They are the only insects with such sight.

How did your mantis take to its new eyewear?
It tried to take them off at first, but eventually got pretty comfortable with them and went about its usual mantis business.

Do the glasses work?
So far, our results have been mixed. It's promising but we haven't nailed it down yet.

Maybe the insect will prefer the glasses, as a super-enhancement to its vision. (Laughs) It doesn't really change its eyesight for the better; we're just fooling it into misjudging depth. But the glasses do make them seem more sophisticated, and they definitely look weirder than they already are.

METRO

METRO AUGMENTED REALITY

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MetroTube

Your money belt can't save you now

ANDREW FIFIELD
metronews.ca

Anybody who has travelled abroad has likely been warned about the skilled pickpockets who are hoping to ply your wares in the world's larger tourist havens.

But as this security footage shot in Thailand shows, keeping your belongings safe is more than just a matter of having your cash strapped to your belly and your belongings always in sight. Because a highly co-ordinated phalanx of thieves, complete with distraction games and carefully constructed props, makes for a formidable enemy.

ISTOCK

metro
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See that symbol? It means you can scan the photo below with your Metro News app. Andrew Garfield talks about becoming Peter Parker

Stone shines in every role

From The Help to Spider-Man. Whether the role demands Lucille-Ball-style screwball comedy, fiery rage and indignation or sizzling chemistry, Emma thrives

IN FOCUS
Richard Crouse
scene@metronews.ca

The Spider-Man movies don't skimp on the stuff that puts the "super" into superhero movies. There's web-slinging shenanigans and wild bad guys galore, but The Amazing Spider-Man 2 director Marc Webb calls the relationship between Spidey and girlfriend Gwen Stacy, "the engine of the movie."

The chemistry the real-life couple brings to the screen is undeniable, but it almost didn't get a chance to blossom. Before Stone landed the role of the brainiac love interest, Mia Wasikowska, Imogen Poots, Emma Roberts and even Lindsay Lohan were considered.

Stone won some of the best reviews of her career playing Gwen in The Amazing Spider-Man — Peter Travers said she, "just jumps to life on screen" — in a role that gave her the biggest hit of her career to date.

Smaller roles in Superbad and Zombieland hinted at her ability to be funny and hold the screen, but in 2010's Easy A she turned a corner into full-on Lucille Ball mode, mixing pratfalls with wit while pulling faces and cracking jokes. Smart and funny, she's the film's centrepiece.

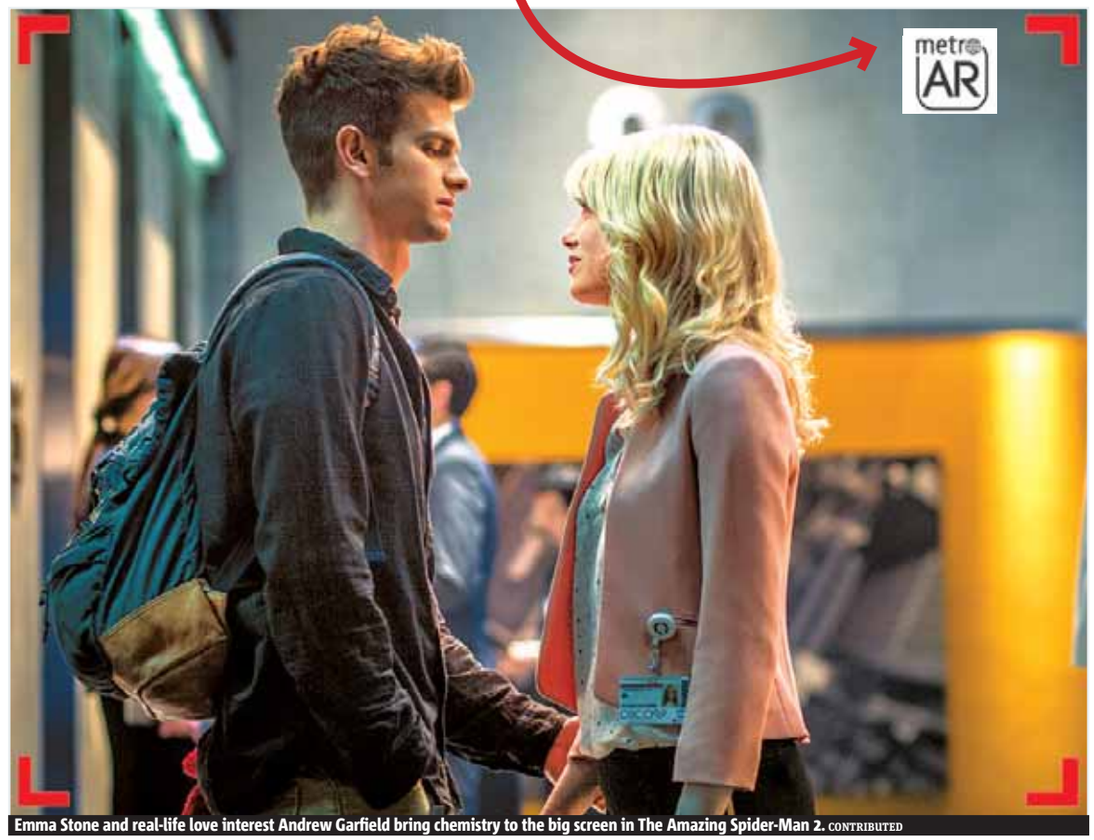
The movie begins with the voice over, "The rumours of my promiscuity have been greatly exaggerated." It's the voice of Olive (Stone), a clean-cut high school senior who tells a little white lie about losing her virginity. As soon as the gossip mill gets a hold of the info, however, her life takes a parallel course to the heroine of the book she is studying in English class — The Scarlet Letter.

Stone is laugh-out-loud funny in Easy A, but her breakout film was a serious drama.

In The Help, she plays Jackson, Miss. native "Skeeter" Phelan who comes home from four years at school to discover the woman who raised her, a maid named Constantine (Cicely Tyson), is no longer employed by her family. Her mother says she quit, but Skeeter has doubts. With the help of a courageous group of housekeepers she tells the real story of the life of the maids, writing a book called The Help.

The Flick Filosopher called her performance, "on fire with indignation and rage," and she moved from The Help to a variety of roles, including playing a femme fatale in Gangster Squad opposite Ryan Gosling and Josh Brolin, and lending her trademark raspy voice to cave girl Eep in the animated hit The Croods.

The 25-year-old actress is living her childhood dream of being an actress but says if performing hadn't worked out, she would have been a journalist, "because (investigating people's lives is) pretty much what an actor does. And imagine getting to interview people like me," she laughs. ''It can't get much better than that."



Emma Stone and real-life love interest Andrew Garfield bring chemistry to the big screen in The Amazing Spider-Man 2. CONTRIBUTED

Web slinger

Spider-Man powers get real

Patrick Priebe is the new Spider-Man ... in terms of gadgetry, at least. The German lab technician has created a working web shooter, which fires pellets and a harpoon-tipped, retractable fishing line instead of a liquid web. Far from requiring any actual superpowers, the web-slinging contraption is a battery-run coil gun that is powered through electromagnetism. Metro nets the every-day tech guru — behind the website laser-gadgets.com — for a chat about all things superhero.

The real Spider-Man catches bad guys, so do you use the web shooter to clean the streets of pests?
(Laughs) The only thing that you'll be grappling with is an apple.

Could you switch on the TV with the pellets or fishing line?
That actually might work. You could also grapple magnetic objects with the fishing line. The only problem is that they might shatter on impact.

No beer cans, then. Do you try out any kick-ass movie-style stunts?
I do a lot of sports like hockey, which is dangerous in its own way. But those stunts are way too extreme for me.

The Batman vs. Superman movie is out in the near future. Who's going to win?
Batman is too grumpy; Superman is the best of all heroes; he would kick everyone's ass. He has X-ray vision.

Patrick Priebe has invented a working web shooter, which fires pellets and a harpoon-tipped, retractable fishing line. CONTRIBUTED

Can you create the Superman-style laser eyes?
I have made laser eyewear. It's like Cyclops from X-Men, and works pretty well. It's very dangerous. That's why I don't show people how to do it on my website.

Any danger of your gadgets causing actual harm?
Well, the web shooter emits 350 volts and can shock you to death!

EDWARD THOMPSON/METRO WORLD NEWS

The cast of Star Wars: Episode VII includes up-and-comer Oscar Isaac. GETTY IMAGES FILE

Star Wars: Episode VII Cast finally announced

Star Wars: Episode VII finally has its stars. May the Force be with them.

After months of carefully guarded secrecy and endless Internet speculation, Lucasfilm and Walt Disney Co. unveiled the cast of the latest incarnation of the space epic Tuesday on the official Star Wars website.

Starring in J.J. Abrams' new Star Wars are: John Boyega, Daisy Ridley, Adam Driver, Oscar Isaac, Max von Sydow, Andy Serkis and Domhnall Gleeson.

The companies declined to name the characters each will play, though Driver, the breakout star of HBO's Girls, is widely expected to be playing the film's feature villain.

They join returning Star Wars veterans Harrison Ford, Mark Hamill and Carrie Fisher. Peter Mayhew is also back as Chewbacca and Kenny Baker will reprise R2-D2.

Star Wars: Episode VII, which will be set 30 years after 1983's Return of the Jedi, will be released in December 2015. Disney acquired Lucasfilm in 2012, and immediately put a new Star Wars trilogy into development. THE ASSOCIATED PRESS

Justice League. Will Matt Damon don green tights for the role of Aquaman?

Rumours have it that Matt Damon could be slated to join his longtime friend Ben Affleck on the set of Zack Snyder's forthcoming superhero movie. That's the buzz on TheWrap.com.

Matt Damon could board Justice League, the feature on the DC Comics superhero team, along the same lines as Marvel's Avengers. The speculation should be regarded as such, however, especially since the character he is thought to play is not even guaranteed to appear in the movie.

Damon may be in line to play Aquaman, king of the underwater city of Atlantis, whose superpowers include telepathy and superhuman strength.

If the rumours are true, Damon will co-star with Ben Affleck and Henry Cavill, who are expected to return as Batman and Superman respectively.

The other persistent rumours surrounding Justice League pertain to its possible release date. While Latino Review thinks the feature will be in theatres on May 5, 2017, the Wall Street Journal indicates that the feature will be released in 2018 at the earliest. AFP

Matt Damon is rumoured to be on board for the upcoming Justice League film. ANNE-CHRISTINE POUJOULAT/ AFP

Online TV

Yahoo unveils original online show content

Yahoo has unveiled original online shows and new advertising options as it continues a long-running attempt to evolve into an Internet venue for premier content.

The offerings will include two comedy programs, a partnership with Live Nation to stream concerts, an online travel magazine, and new advertising capabilities.

Other Space, a science fiction comedy, will centre on a spaceship crew winding up in an alternate universe in the early 22nd century, while Sin City Saints tells the story of a Silicon Valley tycoon who buys a Las Vegas pro basketball team.

The new shows will launch on Yahoo Screen next year and be viewable on mobile devices, desktop computers or through Apple TV or Roku set-top boxes. AFP

HBO

Game of Thrones sets ratings record

The HBO fantasy series Game of Thrones achieved a new record audience with the fourth episode of its fourth season, entitled Oathkeeper, which aired on Sunday, April 27.

The broadcast was watched by close to seven million viewers at 9 p.m., and the total audience number climbed to 8.4 million when taking into account viewers of rebroadcasts through the night. AFP

Season 4, Episode 4 of Game of Thrones was the most-watched yet. HBO

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kanye West and Kim Kardashian ALL PHOTOS GETTY IMAGES

Kim and Kanye lockdown their love this week

It is being reported that Kim Kardashian and Kanye West will be wed in a very small, private ceremony with a justice of the peace in Los Angeles this week.

Yes, yes, yes — the lavish Parisian celebration is still taking place, but before that occurs, their lawyers are recommending they be hitched in a civil ceremony to avoid going through an international bureaucratic nightmare. After they say "I do" in court, they will then fly to Paris to plan their wedding.

Get your suits and dresses dry cleaned now — it's reported they will be married on May 24.

Even George's family is stunned he's giving up bachelorhood

So how did committed bachelor George Clooney end up feeling compelled to propose to girlfriend Amal Alamuddin after just six months of dating? That's a mystery even his own family can't solve.

"This woman must be exceptionally special to him for him to take the plunge. He hasn't seen her very long. In the past there has at least been some sort of length of time," the actor's aunt, Starla Clooney, tells Radar Online. "I'm just as surprised as the rest of the world. George was going to be a bachelor his whole life. She must have really bowled him over."

George Clooney

The Word

V. STIVIANO/INSTAGRAM

Donald Sterling's girlfriend, V. Stiviano, reads Metro?

THE WORD
Dorothy Robinson
scene@metronews.ca

After the audio tapes of Clippers' owner Donald Sterling spewing racial slurs hit, his alleged girlfriend and leaker of those tapes, V. Stiviano, made her Instagram account public for the world to see. And if you haven't looked at it, you should. It is truly weird and obnoxious — she overuses hashtags more than a 13-year-old girl.

After some sleuthing, we stumbled upon this shot of her reading a Metro with the caption, "I'm searching for love in the classified section!"

We at Metro want you to know we don't support people like Donald Sterling advertising in our classified section. She must have found him some other way. Maybe racistsugardaddyforme.com?

Craig Ferguson

Craig Ferguson gives up the late-night chair

In the latest of a series of late-night comedy shake-ups, Craig Ferguson, host of CBS' The Late Late Show since 2005, has announced that he is leaving the show.

This is the most recent domino to fall in the late-night lineup. David Letterman announced his retirement from Ferguson's lead-in, The Late Show, earlier in April. CBS quickly named Stephen Colbert of The Colbert Report as his successor. Many speculated that, with no chance of being promoted to the earlier show, Ferguson would leave when his contract ends this year, which turned out to be the case.

"CBS and I are not getting divorced, we are 'consciously uncoupling,' but we will still spend holidays together and share custody of the fake horse and robot skeleton, both of whom we love very much," Ferguson said in a statement, referring to two popular props from the show.

Twitter

@lenadunham
Jack just got home from a week away and the first thing he did was try to convince me that Tara Reid is in Schindler's List

@KChenoweth
the actress playing Lady Stark in Game of Thrones is just incredible.

@MarlonWayans
Why did I tell my son I'd get him whatever shoes he wanted if he got good grades? This s--- gotta stop!!!! Tell my son go back to being dumb!!

See that symbol? It means you can scan the photo below with your Metro News app for more images from North Carolina's Outer Banks

Outer Banks offers different strokes for different folks

More than just a golf destination.
Once you've tired of swinging the sticks, there's still plenty more to take in on a trip to North Carolina's rugged coastline

BRIAN KENDALL
canadiangolftraveller.com

Nags Head Golf Links is cruelly exposed to the turbulent waters of the Atlantic and offers a challenging 18-hole game. ALL PHOTOS: CONTRIBUTED/PLAYOBXGOLF.COM

Even for golfers determined to spend every possible moment swinging the sticks, the Outer Banks of North Carolina offer other attractions too essential to ignore.

Foremost among them is the Wright Brothers National Memorial, set on the now hallowed ground near the beach town of Kitty Hawk where Wilbur and Orville Wright launched the first powered air flight in 1903.

A stone pillar marks the precise spot of that epochal liftoff, and the site's prize attraction is a full-scale replica of the Wright Flyer, their first primitive aircraft.

The Wright brothers are credited with making famous this sun-drenched 320-kilometre long chain of barrier islands, just off the coast of North Carolina and a small stretch of Virginia.

Today, the coastline's white sand beaches, lighthouses, oyster houses, quaint shingle-sided inns and outstanding golf courses are year-round attractions — although peak season runs from May through September.

Capricious winds off the turbulent waters offshore, known as the Graveyard of the Atlantic, frequently bedevil golfers at the popular oceanfront courses of OBX, as tourism marketers have branded the Outer Banks.

Most cruelly exposed to the elements is Nags Head Golf Links, a Scottish-style design where several holes play alongside Roanoke Sound. Golf Digest called architect Bob Moore's layout "the longest 6,126 yards you'll ever play."

Another seaside beauty is Currituck Club, a dramatic Rees Jones design that sweeps across 600 acres of dunes, wetlands, maritime forests and sound seascapes.

A stroll through beauty like this will make you forget the frustration of golf.

High seas swept ashore another of the coast's unique attractions. Wild horses, descendants of Spanish mustangs that survived 16th-century shipwrecks, freely roam the dunes of Swan Beach, North Swan Beach and Carova Beach. Jeep tours offered from the nearby town of Corolla provide a close-up look at the tenacious survivors of a herd that once ranged throughout the barrier islands.

Where to stay

Many visitors rent beach houses through local agents. Popular inns include Nags Head Inn and Hilton Garden Inn in Kitty Hawk. But gorgeously remodelled Sanderling Resort, a beachhouse-style property just outside the town of Duck, is especially memorable. Three pools and a wraparound deck overlook an uninterrupted strand of prime Atlantic beachfront.

Nags Head, Kill Devil Hills, Waves, Duck and other quaintly named and picturesque beachfront towns dot a still largely unpretentious and laid-back strand where many houses are built on stilts for protection against the surging tides that accompany the autumn hurricanes.

Visitors will need a car to travel between golf courses and see the sights. It's a long trek to the Outer Banks from even the closest major airports: Norfolk International Airport is about 145 kilometres from centrally located Nags Head; and Raleigh Durham International Airport about 338 kilometres.

Another must-play course is Kilmarlic Golf Club, a Tom Steele mainland design carved through 600 acres of maritime forest and wetlands. Kilmarlic hosted the North Carolina Open in 2004 and 2009.

A more player-friendly option is The Pointe Golf Club, a traditional Russell Breeden-designed layout in rural countryside on the mainland.

Far more demanding is The Pointe's sister course — the Carolina Club, a brawny 7,000-yard brute where the shifting ocean breezes present a constant challenge. The signature hole here is a 166-yard par three with a TPC Sawgrass-inspired island green.

Bucket List

Camping in Iceland

You may not believe the deals you can get these days with Icelandic Air, which is on a continuous mission to boost tourism on the tiny island. The weather is best in June. Tours within the interior are very organized and not as busy as you would expect — even your mother might like this. Tours within the interior are very organized and not as burly as you would expect, i.e. even your mo ther might like this. Overnight camping trips see you kitted out in everything you need, spending the night on the open lava fields. Check out VisitIceland.com.

DOUG WALLACE/METRO

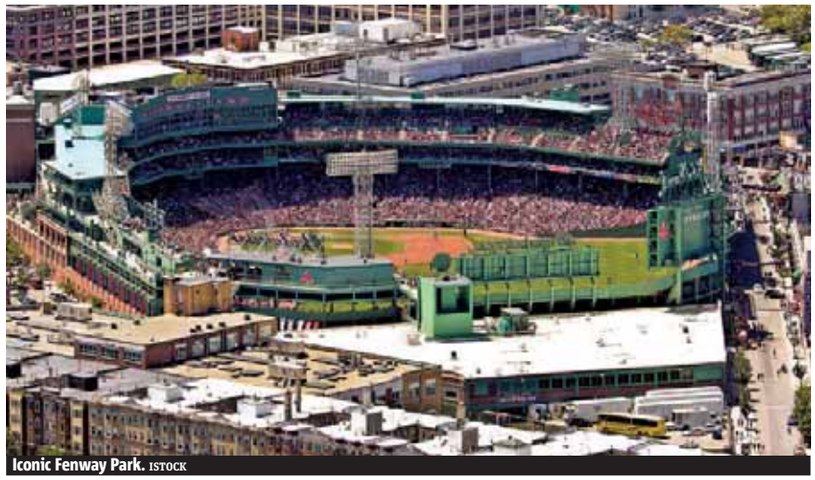
Strike out on a springtime trip to Boston

From Fenway to Fort Point. There's plenty to see and do in one of the most historic cities in the United States

ON THE MOVE
Loren Christie
life@metronews.ca

In the late '90s, I spent three summers in and out of Boston working as a tour guide. This past weekend, I went back to see what's changed in one of America's most historic cities.

After almost 20 years, the Big Dig is over and the snarling traffic is gone. This massive construction project of underground roadways beneath the city included the dismantling of an elevated highway that cut through the downtown. In its place urban parks have sprung up as part of the extensive Rose Kennedy Greenway, which has blazed a two-kilometre swath of green through the city core.



Iconic Fenway Park. ISTOCK

The project has united pedestrians and drawn them to the newly developed waterfront area with food trucks, a carousel and more attractions.

Iconic Fenway Park, home to the city's beloved Red Sox baseball team, used to be on the edge of the tourist trail. The charming Commonwealth Hotel changed that by coming into the area 10 years ago and attracting tourists into neighbouring Kenmore Square. The revitalization of the square with hip restaurants and bars like Eastern Standard have made a pre- or post–game meal an experience, and according to my taxi driver Paul, "turned Kenmore into a paah-ty place."

Fort Point is an historic warehouse district that has been transformed into a collection of artists' workshops, businesses and restaurants. My former employer's headquarters on Congress Street, in the heart of the Fort Point area, is still there. However, instead of a lonely Dunkin' Donuts as the only potential lunch spot, today's Congress Street includes a two-block stretch of modern restaurants that were hopping when I strolled by. My meal of white sausage with hazelnut pesto and sorrels, a perfectly seasoned flank steak with chimichurri sauce and a side of golden beets and cauliflower at buzzy Tavern Road was perfect.

Bostonians have always burst with civic pride, but following last year's Boston Marathon bombings, you get the feeling that it goes beyond the love of hometown sports teams and historic buildings. It seems that every citizen has your back and each other's. After brunch at Towne Stove & Spirits on Boylston Street, blocks from the marathon finish line, I wandered up to Engine 33/Ladder 15 fire hall, which has been in operation since 1888. Taking a suggestion from a local we met the day before, I bought a Boston Fire Department T-shirt as a souvenir. The $20 cost goes to a fund to support the families of two firefighters who recently died in the line of duty.

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Earthy and buttery flavours mingle

Porcini-Dusted Fish with Brown Butter Sauce. Use dry mushrooms to create a unique taste

DINNER EXPRESS
Emily Richards
food@metronews.ca

Dried mushrooms offer up a delicious woodsy flavour to fish and the brown butter sauce makes the experience over the top in taste. You will find dried mushrooms in the produce section of the grocery store for this Porcini-Dusted Fish with Brown Butter Sauce recipe.

These fillets are a generous 6 oz (175 g) portions, a bit larger than the 5 oz (150 g) portions sold in stores. Buying larger fillets and cutting them at home gives you that advantage to enjoy a little more fish. Or you can also serve up six 4 oz (125 g) portions with this same recipe.

Fish

1. In a clean coffee grinder, grind dried mushrooms to a fine powder. Place in small bowl and add coriander; set aside.

2. Using sharp knife, cut fish into 4 equal portions if fillets are large. Coat each piece with mushroom mixture and place in baking dish. (Make-ahead: Cover and refrigerate for up to 4 hours.).

3. Sprinkle fish with salt. In a large nonstick skillet, melt 2 tbsp (25 ml) of the butter over medium-high heat until just starting to brown. Add fish, skin side down, if any and cook for 3 minutes. Transfer to parchment paper lined baking sheet and roast in 425 F (220 C) oven for about 10 minutes or until fish is opaque and flakes easily when tested.

Spinach Skillet Side

A gingery garlic zing matches nicely with spinach to serve up as a side dish for many meals. The added kick of hot pepper sauce adds an almost mellow balance to the dish.

For an added kick, add more hot pepper sauce before serving this side dish.

To make ahead: Cook up the spinach and then let it cool and refrigerate for up to 1 day. Simply warm it up in a skillet or microwave the next day.

1. In a large non-stick skillet, heat the canola oil over medium heat and cook garlic and ginger, stirring for about 2 minutes or until softened.

2. Add the baby spinach and hot pepper sauce and cook, stirring for about 5 minutes or until spinach is wilted.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Fish
- 1 pkg (14 g) dried wild mushrooms
- 1 tbsp (15 ml) finely chopped fresh coriander
- 1 1/2 lbs (750 g) fresh fish such as pickerel, cod or trout
- 1/2 tsp (2 ml) kosher salt
- 3 tbsp (45 ml) butter

Spinach Skillet Side
- 1 tbsp (15 ml) canola oil
- 2 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 1 bag (8 oz/227 g) baby spinach leaves
- 1/2 tsp (2 ml) hot pepper sauce (optional)

This recipe serves four. EMILY RICHARDS

Fresh approach to baked haddock

This recipe makes four servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

If you're contemplating a fresh approach to breaded and baked haddock, turn to the mandoline to render a potato fit for pairing with the fish.

Ingredients
- 1 tbsp canola or vegetable oil
- 2 medium Yukon gold potatoes
- 1 tbsp Dijon mustard
- 1 tbsp mayonnaise
- Salt and ground black pepper
- Dried thyme
- 1 1/4 lbs haddock fillets (about 2 large fillets)

In any other form, potatoes would be too robust for a delicate baked fish. But shaved paper thin, then wrapped around the fish, the potato slices become a deliciously crisp edible wrapper.

Just one caution — there is a reason mandolines come with a hand guard for holding the vegetables while slicing. They are extremely sharp and it's easy to cut yourself.

1. Heat oven to 400 F. Add oil to large cast-iron skillet, then place skillet in oven to heat.

2. Meanwhile, use mandoline fitted with the thinnest slicing blade to slice the potatoes into very thin rounds. The potato rounds should be as close to paper thin as possible. Set aside.

3. In a small bowl mix mustard and mayonnaise. Set aside.

4. Remove skillet from oven and carefully cover bottom of it with single layer of potato slices, overlapping edges slightly. Season the potatoes with a bit of salt, pepper and thyme.

5. Use paper towels to pat dry the haddock fillets, then brush the mustard-mayo mixture over both sides of the fish. Place the haddock over the potatoes in the skillet, then arrange a second layer of potato slices over the fish, covering it entirely. Season the potatoes with salt, pepper and thyme, then mist them with cooking spray.

6. Return the skillet to the oven and bake for 14 minutes. Increase the oven to broil and cook for another 2 to 3 minutes, or until the potatoes are nicely browned. Divide the haddock into 4 pieces, being careful to leave the potatoes in place as you serve the fish.

THE ASSOCIATED PRESS

A need-to-know for workers-in-waiting

Aspiration ammo. Four facts every job seeker should know before heading out on the hunt

SHAHEERAH KAYANI
TalentEgg.ca

While job hunting is no easy task, knowing the following four facts will help you determine how to best leverage your job seeking methods and up your chances of landing that dream job.

51 per cent of job seekers who use only one method of job-hunting gave up on their job hunt by the second month

According to jobhuntersbible.com, 51 per cent of those who use only one method of job-hunting gave up on their job hunt by the second month.

On the other hand, from the job seekers who are using at least two or more methods, only 31 per cent abandon their search by the second month.

Researchers discovered that job search success rises with each additional method that you use, but only up to four methods.

If you start using five or more job search methods, it will start to hurt your chances of landing a job.

Tip: To maximize your chances of successfully getting a job, devote your time to four proven job search outlets such as networking, LinkedIn, your school's job board and social media.

Most jobs aren't filled by recruiters picking your resumé online

Very few jobs are actually filled by employers or recruiters finding job seekers who posted their resumé on a job board or resumé database.

These databases scan hundreds of resumés for key words, and it next to impossible to make your resumé stand out in this way.

Tip: Instead of posting your resumé on several job boards, a much more effective tactic is to email your resumé to an actual recruiter who will read it with the human eye.

There's no denying the fact that many hires happen by way of having an 'in' with an organization. Avoid being left out of the loop by getting your name out there as often as you possibly can. ISTOCK

80 per cent of all positions are filled without employer advertising

Employers don't advertise many jobs because it saves time, energy and money during the whole hiring process. There's little need to advertise a job when an employer can simply hire people that they know, or get reliable references, or hire people who actually reach out to them directly.

Tip: Make sure you are always making valuable connections and keeping in touch, whether it's with your professors, past employers or recruiters working at your companies of interest.

Try following up with and contacting recruiters by introducing yourself, outlining your career aspirations and asking for an informational interview.

Reach out to your school's alumni network and start a friendly chat with a fellow grad in your field of interest to learn more about how they transitioned into the workplace. After all, they were once in the same position as you and will be able to give you sound advice.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Tell me on a Sunday please

There's an ideal time to send that email:

- If you are going to be emailing your resumé or reaching out to a recruiter, the best time to email them is on a Sunday or early in the morning.
- As not too many messages come in on Sunday, yours will have a higher chance of getting read.
- According to Alex Moore, CEO of Baydin (an email management service), emails sent between 6 a.m. to 7 a.m. are about three times more likely to be opened than emails sent at 4 p.m. Most employers check their emails in the morning, so make sure yours is right at the top of the pile.

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What green can mean to your team

Plant some productivity. Stopping to smell the flowers may be as important to an office worker as it is to an outdoor wanderer

SIDNEYEVE MATRIX
TalentEgg.ca

It's been a long Canadian winter, but signs of spring are everywhere — with national mood-lifting effects.

To amplify the productivity boost that comes from the seasonal change, put some flowers on your desk.

A recent study from Texas A&M University found that having flowers and greenery around positively affected employees' ability to generate ideas and problem-solve at work.

Head researcher Roger Ulrich and his team found that employees were able to generate 15 per cent more ideas and come up with a greater supply of flexible solutions to problems when they shared their workspace with flowers.

Feel-better flowers

Beyond ideation, flowers at work have a significant and positive effect on your health and well-being, say researchers.

Having fresh blooms on your desk can lower your anxiety, combat depression, reduce negative thinking, and may even have a positive impact on memory. Some studies show that surrounding yourself with indoor plants can help reduce fatigue, coughs, sore throats and other cold-related illnesses by up to 30 per cent — which translates into increased productivity, fewer sick days, and cost savings for employers.

Scientists at the University of Exeter studying the links between flowers and creativity found that adding office plants to workspaces resulted in a 47 per cent boost to staff well-being and a 45 per cent increase in their ability to be creative.

Virtual nature

Breaking up your workday for a walk outside delivers an amazing mood uplift and psychological refresh.

Whether you are working from home, occupy a corner office or spend your days in a cubicle, research shows a connection between office plants and creative thinking. ISTOCK

Likewise, studies show that exposure to simulated nature scenes can also have a positive impact on your productivity and mood. Slate has reported psychological research by Deltcho Valtchanov in which he placed participants in a virtual reality space filled with simulated trees, flowers, plants, grass and they experienced higher levels of happiness, friendliness, affection, and playfulness.

If that convinces you to swap your desktop wallpaper for images of flowers and leaves, head over to Nature Wallpaper for some stunning free downloads optimized for mobile, desktop screens, or social profiles.

Digital flora

For your digital downtime while commuting to the office, a few apps will get you in a flowery mood.

To separate daisies from daffodils and roses from rhododendrons, the FlowerPedia app has over 2,800 photos of flowers and regional information about local blooms, plus wallpapers, and the ability to share photos with friends.

To help design your home garden, the Landscaper's Companion app differentiates 26,000 shrubs, annuals, perennials and plants.

To brighten someone's day, the 1-800-Flowers app or The Mobile Florist by FTD will help you say it with flowers.

For the perfect virtual bouquet try the highly rated Flower Garden app by Snappy Touch, to plant, tend, snip, and send digital blooms to family and friends.

Blossoming at work

Gadgets aside, science provides proof of the restorative potential of nature and the mood boost that comes from a "living" work environment.

Dialling up the leafy factor of your workspace and increasing the green time in your workday is not only good for your mental health, but also contributes to more focused work performance and increased job satisfaction.

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SPORTS 4

Plenty of backup in this 'street fight'

NBA playoffs. Inside and out, fans are helping fuel Raptors in first-round bout with Brooklyn

In the moments before the Toronto Raptors took the court for Game 4 in Brooklyn, they huddled in the locker-room and watched footage of their fans gathered back home in Maple Leaf Square.

The Raptors went on to win Game 4 and even up the series and say they've drawn inspiration from the swell of support they're receiving in their home city.

"I told the team, the fans are doing their part, we've got to do our part as a team, as a group of guys to lead the fight on the court, because the fans are behind us 100 per cent and they're loud and they're very proud. And they should be," Raptors coach Dwane Casey said.

The Raptors expect a repeat of Sunday, when a capacity crowd of 2,500 red-clad fans jammed Maple Leaf Square to watch the game on the giant screen outside the Air Canada Centre. Thousands more packed the roads leading up to the ACC in a raucous outdoor celebration.

"Oh man, it's unbelievable, our fan base," Raptors point guard Kyle Lowry said. "It makes you want to just be a part of it. Things that we're doing right now and the way the fan base is going out there, we want to go out there and play hard and give them a reason to keep coming back and packing Maple Leaf Square and packing the ACC."

It's been a fierce fight on the court.

Fans have come out in droves and braved cold and wet weather at Maple Leaf Square outside the Air Canada Centre to watch the Raptors' first-round playoff series against the Brooklyn Nets. CARLOS OSORIO/TORSTAR NEWS SERVICE

Mutual admiration

"We need our fans, we love our fans.... We can't wait to see (Wednesday) night, the vibe and the energy we're going to get."

Raptors point guard Kyle Lowry

Casey said he expects both teams to come out swinging in Game 5 on Wednesday.

"It's not going to be all smiles and bubble gum and fruitcakes ... it's going to be a street fight," Casey said. "That's the way we've got to come out, with that mentality."

THE CANADIAN PRESS

Raptors to address Sterling situation

The Toronto Raptors say they'll make a gesture of support for the Los Angeles Clippers on Wednesday night over the Donald Sterling controversy.

- "We're united.... You've got to respect that," said Raptors all-star DeMar DeRozan. "That's the great thing about us. Society is not in that place anymore. You see guys from all different cultures, all different parts of the country, different parts of the world all coming together as one. Comments like that are uncalled for."

Donald Sterling

Playoff boycott was on the table for players

NBA players strongly considered boycotting playoff games if commissioner Adam Silver hadn't ruled harshly against Los Angeles Clippers owner Donald Sterling.

Players' union vice-president Roger Mason Jr. says he spoke to representatives from every playoff team about the possibility of boycotting games in solidarity against any ruling that didn't include a mandate for Sterling to sell the Clippers.

The Clippers hosted the Golden State Warriors Tuesday night.

Mason says the players are very happy with Silver's decision to ban Sterling for life while urging the NBA's board of governors to compel Sterling to sell the Clippers.

THE ASSOCIATED PRESS

NBA commissioner Adam Silver GETTY IMAGES

Mike likes

"I applaud NBA commissioner Adam Silver's swift and decisive response today. He sent a powerful message that there can be zero tolerance for racism and hatred in the NBA."

NBA legend and Charlotte Bobcats owner Michael Jordan

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Wicked Strong boasts Beantown backbone

Exercise rider Kelvin Pahal takes Kentucky Derby hopeful Wicked Strong for a morning workout at Churchill Downs Tuesday in Louisville, Ky. Wicked Strong has a built-in fan base for the Kentucky Derby — the entire city of Boston. The colt named in honour of the victims of last year's Boston Marathon bombings figures to be among the favourites for Saturday's race. He's got the credentials, having impressively won the Wood Memorial at 9-1 odds. Wicked Strong is owned by a Boston-based partnership that has pledged to donate five per cent of any money won by the bay colt during the Triple Crown series to the fund set up for the bombing victims. Scan the above image with the Metro News app to view a gallery of Tuesday's events at Churchill Downs.

ROB CARR/GETTY IMAGES

Sharks get one final shot at ousting Kings

NHL playoffs. L.A. has dug itself out of 3-0 series deficit for a chance to advance past opening round

It should come as no shock that the Los Angeles Kings and San Jose Sharks are preparing for a Game 7 in their first-round series considering how tightly contested this fierce California rivalry has been over the last few years.

The surprise is how the teams got to Wednesday night's win-or-go-home game.

The Sharks were dominant early, winning the first three games and making former playoff MVP Jonathan Quick look rather pedestrian as he allowed 16 goals in those losses.

But the Kings responded to win three straight games by three goals to force the showdown in San Jose for a spot in the second round against Anaheim.

The Sharks' Tommy Wingels checks the Kings' Anze Kopitar on Monday in Los Angeles. THE ASSOCIATED PRESS

"We understand what's at stake," Sharks forward Joe Pavelski said. "There was the possibility the series was going to go to seven. We probably didn't think it was going to get there this way, but we're here now and guys will be ready to play."

The Kings are the ninth team to force a Game 7 after losing the first three games. Three of the previous eight finished the job although the Sharks can take solace in the fact that they avoided that same collapse in 2011 when they rebounded from three straight losses to beat Detroit 3-2 at home to advance to the Western Conference finals.

THE ASSOCIATED PRESS

Canadian championship

Fury square off against Edmonton with semifinal berth on the line

The Ottawa Fury FC has a chance to advance to the semifinals of the Amway Canadian Championship with a win — or even a tie — against Edmonton FC Wednesday.

The two teams drew to a 0-0 tie in the first leg of the home-and-home series April 23 and even a 1-1 tie would give Ottawa the win, as away goals are worth more than home goals. A scoreless tie will send the game to penalty kicks to determine a winner.

Wednesday's winner will advance to face the Montreal Impact with Toronto FC and the Vancouver Whitecaps battling it out in the other semifinal. The winner of the Amway Canadian Championship will qualify to represent Canada at the CONCACAF Champions League.

But the Fury will have to be successful on the pitch without midfielder Nicki Paterson (knee), forward Tom Heinemann (ankle) and defender Maykon (hamstring).

TREVOR GREENWAY/METRO

OTTAWA FURY F C

vs.

FC EDMONTON

Catch the action

Game time: 9:30 p.m.
Watch it live: Stream the action at CanadaSoccer.com/Championship
Listen in: Turn your radio dial to TSN 1200.

Real Madrid decimates Bayern Munich for chance at La Decima

Sergio Ramos has his redemption, Cristiano Ronaldo has his goal record and Real Madrid is one win away from the long-awaited "Decima."

Real Madrid carried out coach Carlo Ancelotti's game plan to perfection and routed title holder Bayern Munich 4-0 on Tuesday to reach its first Champions League final in 12 years. Madrid will play either Chelsea or city rival Atletico Madrid in the May 24 final in Lisbon.

Madrid, a 5-0 aggregate winner over Bayern, will be seeking a record 10th title — "La Decima" in Spanish.

"We played a perfect game in the first half, we defended very well and pressed very high," Ancelotti said. "We used the space we had for counters, with some great passing."

Madrid had never won in Munich in 10 previous matches, losing nine of them. But this time, Ancelotti's team put its stamp on the game early and struck with awesome efficiency — something its Italian coach had promised ahead of the match.

Madrid's sweeping, fast counterattacks paced by Ronaldo, Karim Benzema, Gareth Bale and Angel Di Maria, along with its tenacious tackling when Bayern tried to come out of the hosts' own half, were a huge problem for Bayern's defence. However, the first two goals came from set pieces, as well as the last.

Ramos, who missed the crucial penalty when Madrid lost to Bayern at the same stage in 2012 in a shootout, scored those first two goals and Ronaldo added two more to break the Champions League season record with a tally of 16.

Ramos headed the first from a corner taken by Luka Modric in the 16th and nodded in the second four minutes later after a free kick from Angel Di Maria.

Ronaldo made it 3-0 to Madrid in the 34th minute after a perfectly executed counter-attack and completed the victory with a free kick in the 89th as he shattered Barcelona star Lionel Messi's record of 14 goals in a season.

"Goals are great, satisfying on a personal level, but what matters is what we did as a team. The overall result was deserved," Ramos said.

THE ASSOCIATED PRESS

Sergio Ramos of Real Madrid battles Franck Ribery of Bayern Munich on Tuesday in Munich, Germany. MARTIN ROSE/BONGARTS/GETTY IMAGES

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-16°	20°	-4°	37°	-9°
CLOUDY	SUNNY	SERIOUSLY?	YOU'RE JOKING, RIGHT?	GOOD LUCK...
± -30	± 19	± -17	± 20	± -17
∓ -11	∓ 32	∓ -1	∓ 42	∓ 40
7:03 am	7:06 am	7:09 am	7:12 am	7:15 am
9:34 pm	9:37 pm	9:39 pm	9:40 pm	10:00 pm
55%	2%	100%	0%	??%
9	9	9	16	39

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See that symbol? It means you can scan the photo below with your Metro News app. By the numbers! Learn more about the 2015 Honda Fit

2015 Honda Fit

- **Type.** Four-door, front-wheel drive compact wagon
- **Engines (hp).** 1.5-litre DOHC 14 (130)
- **Transmissions.** Six-speed manual; continuously variable (CVT)
- **Base price (incl. destination).** $16,000

Market position

The range of small models continues to hold steady, with redesigned versions now being adorned with more standard and optional content. This tends to attract buyers who prefer all the goodies in a smaller package.

Points

- Redesigned top to bottom, but retains similar look
- New four-cylinder engine ups power while slightly improving fuel economy
- CVT saves fuel, but isn't as smooth as traditional automatic
- All-new, larger HR-V wagon based on Fit platform due to arrive early next year
- Impressive people, cargo space makes Fit tops in small wagon class

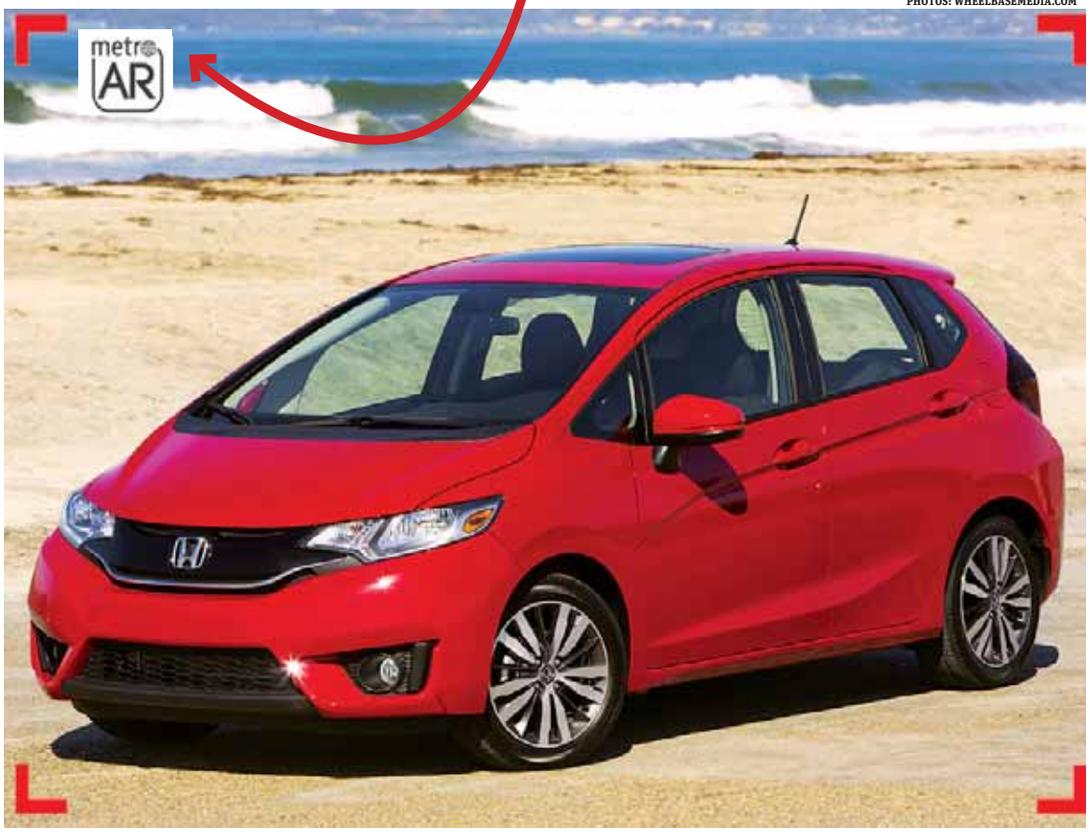
The Fit has been lauded for its fun-to-drive qualities.

Safety

Front airbags; side-impact airbags; side-curtain airbags; anti-lock brakes; traction control; stability control.

Honda's latest is a perfect Fit

PHOTOS: WHEELBASEMEDIA.COM



Review. This mighty little hatchback keeps drivers thinking they're ensconced in a larger vehicle

MALCOLM GUNN
wheelbasemedia.com

"The penalty box of life."

Jeff Conrad, Honda's senior vice president and general manager, uses that phrase in reference to the Fit's small-car competitors. And when comparing the latest edition of Honda's mighty little hatchback to the rest of the field, he may well have a point.

Since the car's 2007 arrival, critics have lauded its fun-to-drive qualities and impressive carrying capacity. And with few exceptions, the newest and smallest of Hondas that are now arriving from their plant in Mexico should receive similar accolades.

The Fit sticks to a proven formula: Keep the size and weight in check; keep the body lean and spacious; and keep drivers and passengers thinking they're ensconced in a vehicle that's larger than it actually is.

Despite being physically and dimensionally similar (a tiny bit wider and longer in distance between the front and rear wheels, but slightly shorter, overall), the Fit actually looks bigger, which is partly a function of more prominent bodyside creases and fenders that bulge out around the wheel openings. Also, the wraparound headlight pods integrate with the grille and no longer extend alongside the hood. Getting the Fit underway is now the job of a new 1.5-litre four-cylinder engine that delivers 130 horsepower and 114 pound-feet of torque, compared to 117 horses and 106 pound-feet of torque for the previous 1.5.

The previous Fit set the bar pretty high, so it's no real surprise that the interior feels richer than the entry price.

Directing power to the front wheels is handled by a new six-speed manual transmission, or equally new continuously variable unit (CVT) option. Honda offers an automatic sport mode with paddle shifters, but ultimately it's no substitute for a multi-speed automatic, even if the latter tends to be slightly less fuel-efficient. Fortunately the standard six-cog manual gearbox is there to save the day.

Despite the more powerful engine, the Fit's fuel consumption is an impressive 7.0 l/100 km in the city and 5.7 on the highway, compared to 7.1/5.4 with the previous five-speed automatic transmission. The less fuel-efficient six-speed manual is rated at 8.1/6.4.

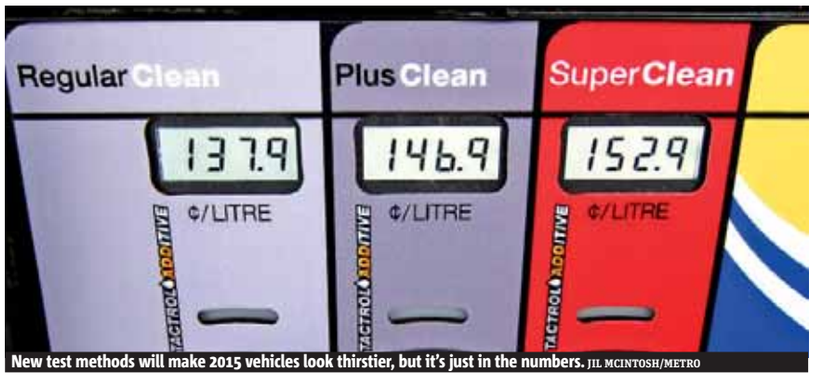
Compare

1 Ford Fiesta Hatchback
Base price: $16,200
Sharp styling, three-cylinder turbo option make Fiesta a popular pick.

2 Nissan Versa Note
Base price: $14,900
Low-priced wagon holds an impressive amount of stuff. Easy on gas.

3 Chevrolet Sonic Hatchback
Base price: $16,000
Junior-sized Chevy also comes in sedan version, as do other competitors.

DRIVE



New test methods will make 2015 vehicles look thirstier, but it's just in the numbers. JIL MCINTOSH/METRO

New cars thirstier? It's all in the way they're tested

Fuel efficiency.
New testing procedure will result in more realistic fuel numbers

JIL MCINTOSH
drive@metronews.ca

It's not likely that gas prices are ever going to go down by much, which means many Canadians consider good fuel economy to be very important when buying a car. But when you look at the fuel efficiency figures on upcoming 2015 vehicles, they may look thirstier than the 2014 models.

It's not because they actually use more gas. Instead, Natural Resources Canada is introducing a new testing procedure that results in more realistic fuel numbers.

"The government of Canada changed the fuel ratings to better reflect the fuel consumptions that (Canadians are) likely to achieve under today's typical driving conditions and driving styles," says Fabian Allard, deputy director at Natural Resources' Energy Efficiency transportation division. "We've been working with the auto industry on these changes for quite some time."

Fuel efficiency testing isn't done on a test track, but in a lab, since it's the only way to guarantee consistency. Engineers run vehicles on a dynamometer, and determine fuel consumption by measuring the amount of carbon in the exhaust.

Up until now, engineers have used a two-cycle test. The city test starts with a cold engine, takes 31 minutes, and runs at an average 34 km/h, with 23 stops. The highway test starts with a warm engine, takes 12 minutes, and runs an average 78 km/h. In each test, the lab temperature is set between 20 C and 30 C.

The new five-cycle test also uses these, but then adds a cold-weather city test with the lab a chilly -7 C; a nine-minute air conditioning test, with the vehicle's a/c running and the lab set to 35 C; and a nine-minute test that includes hard acceleration and a top speed of 129 km/h. All of these factors typically use more fuel.

Automakers do the testing and forward results to Natural Resources. The government sometimes audits results if it thinks the numbers aren't right, or if a model hasn't been tested for a long time or has new technologies. Auditors will use real-life vehicles purchased for the testing.

The EnerGuide labels on 2015 models will explain the new system and numbers. On 2016 labels, you'll see information such as CO2 emissions, combined city and highway ratings, and comparisons with other vehicles in the segment. There will also be clearer information for alternative vehicles such as electric cars and plug-in hybrids.

Facts and tips

- The new 2015 testing methods may produce fuel figures that are 10 to 20 per cent higher than the 2014 numbers.
- Four-wheel drive vehicles are tested in two-wheel drive, and the results are adjusted for extra weight and engine load.
- The 2016 Canadian label will align with the U.S., which has used five-cycle testing since 2008.

Quoted

"This will provide Canadians with the most accurate information available. It takes into account bad driving, colder temperatures, and the use of accessories."

Fabian Allard, deputy director at Natural Resources' energy efficiency transportation division

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. Base MSRP of $16,385/$26,600 for a new and unregistered 2014 Jetta 2.0L / Tiguan 2.0T base model with 5/6-speed manual transmission, including $1,395/$1,610 freight and PDI, financed at 2.9% APR for 84 months equals 182 bi-weekly payments of $84/$139. $1,764/$3,230 down payment. Cost of borrowing is $1,467/$2,428 for a total obligation of $17,052/$28,528. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **$1,000 available on cash purchase, finance or lease (through Volkswagen Finance, on approved credit) of a new and unregistered 2014 Jetta 2.0L / Tiguan 2.0T base model, and certain TDI Clean Diesel models. Discount varies by model. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end April 30, 2014 and are subject to change or cancellation without notice. †Based on a comparison of other 2013 and 2014 models available at the time of publication, in the compact sedan class. ††Based on calculation with the rear seats folded. Models shown: 2014 Jetta 1.8 TSI Highline, $24,490 / Tiguan 2.0T Highline R-Line, $40,190. Vehicle may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta", "Tiguan" and "Autobahn for All" are registered trademarks of Volkswagen AG. © 2014 Volkswagen Canada.

Horoscopes

♈ Aries
March 21 - April 20
Some people won't hesitate to part you from your cash if they can see a way to do it. Don't be suspicious of everyone you meet today but remember there are bad guys in the world.

♉ Taurus
April 21 - May 21
There is no doubt you will achieve much over the next few weeks but you will achieve even more if you can persuade others to take on the boring chores, giving you more time for things that really matter.

♊ Gemini
May 22 - June 21
You may have to get tough with someone who has let you down. Don't go over the top and create unnecessary resentment but do make sure they realize this is the last warning they'll get.

♋ Cancer
June 22 - July 23
It's not easy being a role model but if anyone can do it you can. Be on your best behaviour today, set a good example and only do what is inspiring.

♌ Leo
July 24 - Aug. 23
You will come in for criticism of today but if you are smart, you will ignore it completely. At best it is misguided, at worst it is sour grapes. The fact is some people envy you for being such a larger-than-life character.

♍ Virgo
Aug. 24 - Sept. 23
Accusations will fly thick and fast today but none of the mud that is thrown will stick to you. It's not that you are whiter-than-white — you just know how to disguise what you do better than most people!

♎ Libra
Sept. 24 - Oct. 23
You must not take unnecessary risks today, especially with money. Keep your cash in your pocket and don't let anyone, no matter how smooth-talking, persuade you there is easy money to be made.

♏ Scorpio
Oct. 24 - Nov. 22
Cosmic activity in your opposite sign of Taurus means you won't get far on your own over the next few days, so let partners and loved ones and work colleagues know you need and value their support.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't worry too much if you get behind in your work because there will be plenty of time to catch up later on. It would help, of course, if you were not so willing to take on other people's tasks.

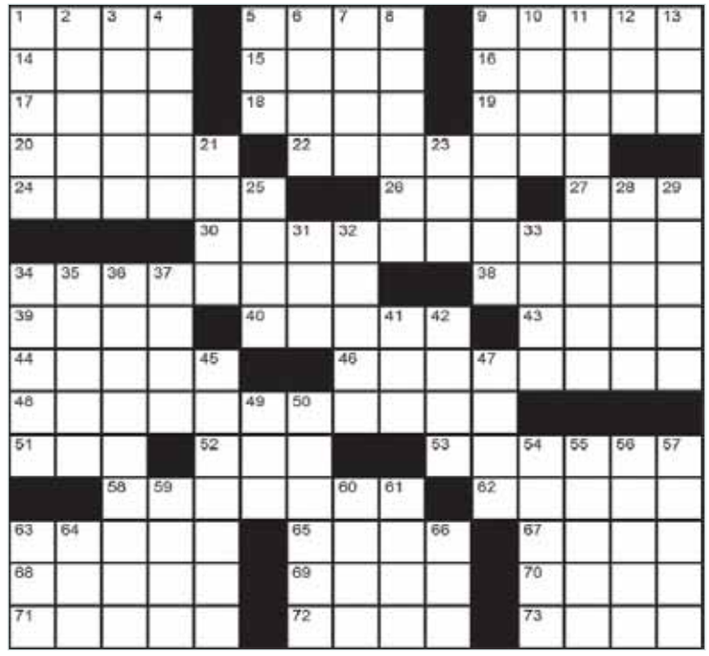
♑ Capricorn
Dec. 22 - Jan. 20
Anything of a creative nature will go well for you but it will go even better if you make an effort to bring other people into your plans. Friends and loved loves want to help.

♒ Aquarius
Jan. 21 - Feb. 19
Focus on helping others today. Everyone knows you're talented but what they may not know is that you get a huge kick from doing good for others.

♓ Pisces
Feb. 20 - March 20
Socially, this will be a great day but some of your friends may be angry that you are spending more time with new acquaintances than you are with them. You can't help if you're popular. **SALLY BROMPTON**

Crossword: Canada Across and Down

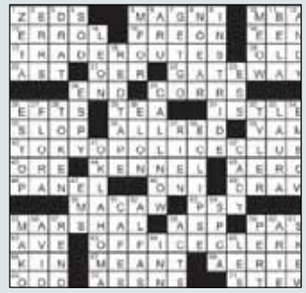
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Seasoning sort
5. Breeze
9. Swift
14. Nursemaid
15. Really rain
16. "The Jetsons" son
17. Low-cal
18. Yesteryear
19. BBQ cut
20. Ms. Ekberg
22. Motto of outstanding achievement honour the Order of Canada: Desiderantes Meliorem __ (They desire a better country)
24. Mr. Sutherland
26. Midmorning time
27. Couch break
30. "Which Way You Goin' Billy?" by Canadian band The __ __
34. Spinning-in-the-wind toy
38. Iceland band, __ Ros
39. Dosage, __ _ day
40. Steam bath
43. "The King's Speech" (2010) actress Jennifer
44. Fighting: 2 wds.
46. HST = Harmonized __ __
48. 1840s: The Great Famine led families to emigrate from Ireland to Canada by way of '__ __', so-called because of the many who died from the putrid conditions on board
51. Vertical's opp.
52. Morning grass stuff
53. Shania Twain's "Don't Be __ (You Know I Love You)"
58. Shake
62. Steeple
63. Carpentry joint part
65. Cab
67. Spare
68. Disguised, informally
69. Happy as a __
70. Barenaked Ladies title lady
71. Wants
72. __ seed oil
73. Heavy weight units [var. sp.]

Down
1. Lunchtime greenery
2. __ acid
3. Fancy tongue
4. 8th Greek letter
5. Operative
6. Fun-style negative
7. Etheric emanation
8. "__ Woman" (1990)
9. Eyes parts
10. Dawn love song
11. 1980 horror flick starring actor Leslie Nielsen: 2 wds.
12. 'Restrict' suffix
13. Tie-__
21. Rush's "Xanadu" bit: "To seek the sacred river __..."
23. Athletics authority [abbr.]
25. Performs
28. 1956 rocker: "Be-Bop-_-__"
29. Heat-resistant glassware
31. Fairy princess annoyance
32. Lavish
33. Architect, Ludwig __ van der Rohe
34. Illegally hunt
35. __ __ deep (Over one's head)
36. Region of The New World for Samuel de Champlain: 2 wds.
37. WWII RAF support gr.
41. B'__ B'rith
42. Snow-capped sights
45. Papineau, for Justin Trudeau ...and Outremont, for Thomas Mulcair
47. Approx. figures
49. Clear
50. Swiss timepiece brand
54. Disturb
55. Middle C site
56. Dick __, Jr. (Broadcasting legend)
57. Feats
59. Fine
60. Story
61. Test
63. Can
64. Opposite WSW
66. Gremlin

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		9			5	8	
3				2		6		4
7				5				
	7	3			4		2	
				8				
	9		3			4	1	
				9				1
5		6		1				9
	1	2			8		3	

Yesterday's Sudoku

1	6	9	8	3	5	2	7	4
4	2	7	1	9	6	5	3	8
3	8	5	4	7	2	9	6	1
7	5	1	6	4	3	8	9	2
6	4	2	9	5	8	7	1	3
8	9	3	7	2	1	6	4	5
5	7	6	3	8	4	1	2	9
2	1	4	5	6	9	3	8	7
9	3	8	2	1	7	4	5	6

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